

ARTIFICIAL  
Embellishments.

• O R

ARTS BEST DIRECTIONS

How to Preserve Beauty  
, or Procure it.

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Νικητὴς ὃ καὶ σιδερωτὴς,  
Καὶ πῦρ καλὴ τῆς οὐσας.     *Anacr.*

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OXFORD,

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To The  
H O N O U R A B L E  
*And Truly Vertuous*  
A. E.

MADAM,



That Trifles should  
be made Presents  
to persons of qua-  
lity, or that these  
worthless lines,  
should court the Eye of Ho-  
nour, are faults that scarce any  
will pardon but *Your Ladiship,*

A 2      whole

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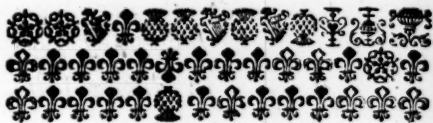
whose *Goodnes* is as *Great* as  
your *Beauty* is *Glorious*. 'Twas  
*That* animated my presumpti-  
on in presenting this piece to  
*Your Honour* : for being so much  
divine in every thing else, *You*  
must be so in *Goodnes*, and  
accept a Mite from him, who is  
unable to make a more stately  
offering. The design *Lady* of  
the Book is not to make any  
addition to *Your* spotles fea-  
tures, but to borrow that from  
*You* which it promiseth to o-  
thers *Beauty* and *Splendour*.

*Madam*,

*Your Honours*

Most Humble Servant

*M. S.*



To the Ladies.

**D**Eformity (*fairest Ladies*)  
is a single name, yet a  
complicated misery; for  
a young *Algebraist* in this only  
word, knows how to read a whole  
*Iliad* of evils. Poets fancy the  
creature to be hatcht in Hell; nei-  
ther do they greatly injure it, for-  
asmuch as it brings with it suffi-  
cient matter for a whole Hell of  
misery to those, whose darkned  
soules are clouded with it's fright-  
full adumbrations: and as it comes  
from thence, so would it willingly

## The Epistle

thither againe, as appears from  
it's shunning the light, and only  
solacing it selfe in duskie soli-  
tudes. For those whose bodies are  
dismist natures presse with some  
errata's, and have not the royall  
stamp of Beauty to make them  
currant coyne for humane socie-  
ty, make choice of obscurity; judg-  
ing death lesse insufferable, then  
that ignominy which too often at-  
tends deformity. It is a disease  
usually looked upon as infectious,  
and hath one symptome of dange-  
rous consequence, it breeds obtru-  
sions, and that chiefly to Ladies  
preferment; since none save  
Grooms or Oastlers think those  
worth their courtship, who are rusted  
over

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## The Epistle

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over with ill-inticing looks.

Now to quit you Ladies from the loathsome embraces of this hideous Hagge, (which might there be so many Furies in Hell, would make a fourth) I have published these Cosmeticks; so Beautifying, that those who use them shall Diana it in company, and with a radiant lustre outshine their thickskind companions, as so many browner Nymphs.

Though you may look so pallidly sad, that you would be thought to be dropping in your Graves; and though your skins be so devoid of colour, that they might be taken for your winding sheets; yet these Recipe's will give you such a rosie

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## The Epistle

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cheerfulnes, as if you had new begun your resurrection. They are the handsome Ladies Panacæa, of such efficacy that they will teach you creatures of mortality to retrace the steps of youth, and transforme the wrinkled hide of Hecuba into the tender skin of a tempting Helena.

Inchase but your cheeks Ladies, with some of our auxiliary unguents, and ye shall see, that exact complexions make but foyles to advance your features: and conceited beauties craven'd with their own defects shall crouch in your presence, and force you almost to be proud; while having no parts to value, they shall dispend themselves.

## *The Epistle*

*Selves. When once your artifici-  
all roses display themselves, o-  
thers shall seem pale, as if they  
envied your tempting perfection;  
and their naturall vermilion shall  
only serve them to blush that their  
features are outvied by yours.  
Other Ladies in your company  
shall look like brown-bread sippets  
in a dish of snowie cream, or if you  
will, like blubberd jugs in a cup-  
board of Venice glasses, or earthen  
Chamberpots in a Goldsmiths shop.*

*If you glory in Captives, and  
desire by a sparkling splendour to  
fire Platonick Amoretto's out of  
their lawlesse liberty, borrow but  
lustre from these Artificiall  
Smegmaticks, and you shall find  
none*

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## The Epistle

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none composed of a mettall so cold  
and Saturnine, that can Salaman-  
der-like resist your actuating  
flames: for whiles those Ma-  
dams who slight the use of these  
helps, shall have nothing to heigh-  
ten affection but the Antiperistasis  
of a December lock, and Phleg-  
matique complexion, your Aprill  
and Sanguine face shall infuse  
heat into the cold misogynist, and  
make the stoutest heart a sacrifice  
to love and altar too. If any re-  
maine uncaptivated, it shall only  
be those leaden hearted cowards,  
who dare not approach your infla-  
ming presence for feare of melt-  
ing, or those emerited Souldiers of  
Venus, whose frigid constitutions  
banish



## *The Epistle*

*banish all youthfull fires, out of a timorousnesse of being calcin'd. Nay the Lillies and Roses of your cheeks shall be the Old mans true Anacampteroite, such drugs that shall make him think of former joys.*

*But perhaps a zealous Somebody censures you for evill hearts because you aime at having good faces; and would like you the worse, should you once look so well. Yet refuse not enlightned, yea enlivened eyes, but with Jonathan tast a little hony though a furious Saul forbids it. Be not banisht company for want of Beauty, when Art affords an innocent supply; nor live a Martyr to that narrow*

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## *The Epistle*

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*narrow conscience, which forbids  
the use of oyle to make a cheer-  
full countenance. Borrow our  
ruddie vermilion, and become  
purple-plusht roses to be gathe-  
red by the hand of some captivated  
Hero, least in the green-sicknesse  
livery of your own swarthy com-  
plexions, you be taken for thistles  
and crapt by Asses.*

**Of the whole Body and Beautifying thereof.**

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*Artificiall*  
**EMBELLISHMENTS.**

*The Proæme.*

**T**HE *Soule* that better part of Man,  
 when it becomes Tenant to the *Body*,  
 should have it not a *Prison* but a *Pal-*  
*lace*, a *Lodging*, whose stru&ure and  
 superficiall Ornaments might make its Pilgri-  
 mage pleasant, and invite its stay ; not a *Dunge-*  
*on*, a *Cyprian Ceramo* to stifle it with its loath-  
 some composure, or with its deformed Frontis-  
 piece to fright it to a separation. It would be  
 too much to the discredit of our Nobler part,  
 should we be as Mountains graved with golden  
 Ore, which clouded with barren dust, and sterill  
 sands, usually seem as poor without as they are  
 B rich

rich within. Surely diamond soules inchas'd with Noble functions, deservé a crystall case, and nature it selfe cloaths Orientall Jewels in mother of Pearl. The crooked body may perhaps yeeld service, but never gaine repute to a sprightly mind: and sad was the fortune of *Socrates* whose *Royall Soule* was condemn'd to the *Prison* of a crooked or mishapen body: More happy Fortune had the Roman *Lucretia*, whose braver Spirit, had for its lodging a *White hall*, suitable to its *Grandure*, I mean her body, so fair in features, that her Companions, some called her, others believed her *Venus* in the disguise of *Lucretia*, or *Lucretia* coppied out from *Venus*.

Should we be as stately clothed as *Ulpian* was, when *Alexander Severus* wrapt him in his Imperiall Robes, we would neither think our selves too gaudy, nor our Bodies cloathed in too rich apparell: and should we be contented with any tatter'd, deformed Body, which should be neat apparell to the soule, and which it either finds, or else would make so? For could our Soule alwaies have a supply of materials suting its active power, none should ever be deformed, but too often encountring disobedient matter, which repells its plattick beams, it frequently retreats it selfe, and in a retired solitude seems to lament



lament that Art comes not Auxiliary to its succour.

In pitty to such imprison'd soules, Art unlocks its Magazeen of Medicines, endeavouring to unite all parts of the Body in charming Concords of alluring features, and give each Member such a pleasing splendour, that Native Beauties seem but dull and dying shadows, to set forth their more rich and lively Colours. But all Bodies not being equally capacitated for its impressions, it usually imployes its skill about the Female Sex; whose soft and pliant earth, Nature works with a more carefull hand, to make it a thriving soile for the tender plant of Beauty; so that it slightes Men, and casts them by, as Canvace too course and rough to draw thereon the taking lineaments of a cleare and smooth-fac'd *Venus*.

Ye Ladies then are the Dearelings that Art most respects, and for whose sake are composed such Aromaticque unguents, such beautifying oils and essences, that would you but accept their profer'd assistance, there is none of you but might equallize a *Hellen*: here only would be the difference, that a *Paris* came from *Troy* to Ravish her, but multitudes would make longer journeys to Admire you.

This subsequent Treatise, (solely composed Ladies for your concernment) is abundantly

stored with such *Artificiall Embellishments* : and that it might not it selfe, be deficient in what it presents to you, Beauty ; it is regularly methodiz'd into a quaternion of parts. The *First* whereof treats of Embellishing the Body in generall; the *Next* of the Head, neck and breast; the *Third* of the Hands, Armes, Leggs and Feet; and the *Last* supplies you with Sents, Perfumes and Pouders, fitted for the exigencies of any emergent occasion. Of each of these in Order.



*Artificiall*



*Artificiall Embellishments.*

P A R T. I.

*Of the whole Body, and the beautifying thereof.*

THE Body, that weak and moving mansion of mortality, is exposed to the treacherous underminings of so many Sicknesses and Distempers, that its own frailty seems Petitioner for some artificial Enamel, which might be a fixation to Natures inconstancy, and a help to its variating infirmities. For he that narrowly observes that fading house of distemper'd clay, will soon find that it æmulats the *Moon* in mutability; that though to day it be varnisht with a purple and lively bluth, to morrow it will be so white washt with a meager paleness, as if Death had took it to hire, and made it a whited Sepulchre; that though to day it be so *smooth*

and plain, that *Venus* her self might be tempted to take her Recreation there; to morrow it will be so rough-cast with a nasty Elephantiasis, that *Cupid* can scarce walk there without being over shoes.

Now to sublimate Nature beyond the reach of Sicknes, to a lasting and ætherial Pulcritude, and by cosmetick Antidotes to fortifie it with an incapacity of being surpris'd by any feature-fretting malady, would be a business should puzzle not only a whole Elaboratory of *Chymists*, but their *Archeus* too; although of the privy Council to Nature, and confident to her secluded privacies. But to make that Lure of Love, Beauty, of a more than ordinary lustre; to fix the Complexion of the Body so, that it be not too frequent in its variation; or to keep the fair and damask skin from being too much sullied with Deformities filthy fingers, is a task not transcending the sphere of a modest undertaking activity.

For it is that, which hath with happy success been often effected, by a convenient regulating the phantasie, or imagination of the Mother, whilst she is with Child; by using food of quick concoction, and easie nourishment; by moderate and frequent exercise; by the application of those things which adorn the body with an enamouring and lively colour; by taking away those  
which

*which may vitiate the features, as swarthiness of the Complexion, scars and spots of the Skin, nasty sweat, &c. by keeping the body and every member thereof, that it be neither too grosse or too lean, and the like : Concerning all which, we intend to give some Directions in the following Chapters of this First Part.*

## CHAP. I.

*How Women with Child are to order themselves that they may be delivered of fair and handfom Children.*

**I**Ntending to furnish you ( lovely Ladies ) with such Prescriptions as most neerly concern the beautifying of the Body ; it will be requisite to begin with some special and singular means, how to help the comely formation, of the tender *Embryo*, while it is yet in Natures *Elaboratory*, the *Wombe* ; that so it may be e-duced from the confused *Chaos* of the lesser world, not a *mishapen* or *monstrom* lump, but a sparkling luminary, and a piece that Nature may take for a pattern, when she attempts the composure of a person she intends to boast of.

Amongst those several things which tend to this exact compleating of the *Fetus*, there is

nothing more signally concurs than the *imagination* of the breeding Mother. This is that busie Architectrix of the brain, which contrives such machinations, and acts such miracles, that it is a miracle almost to find any that believe them. For, let but the great-bellied Mother exercise moderately, and use ordinary wholesome diet, there will need nothing more to have Children so fair, that you may by their own splendor be lighted to view their perfections; then the regular ordering of the *fancy*: which is superintendent to the growing infant, and the Mothers active *emissary*, that with all obsequiousness executes her *wishes* on the tender Babe in the Wombe. For finding the soft and plyant *Fetus* pinion'd in a membranous *mantle*, and lying helplessly drowsie in Natures *cradle*, it freely without resistance makes impression as the Mother directs it. So that she by the help of this invisible Agent usually works & adorns the Infant with those features which her mind most runs upon, and she her self affects.

He that considers the various relations that several Authors make of the *Phantasies* imperious *Tyranny* over the growing *Embryo*, will with small reluctancy admit its Plasticks power in a comely composition. *Helmont* makes relation of a Taylors Wife, who being big with Child, and seeing before her doors a duell between

twixt

twixt two Souldiers, one whereof lost his hand in the combate; fell presently (being frightened with the sight) into labour, and was delivered of a Daughter with one hand, the other arm bleeding, and having the hand cut off at the same place with the maimed Souldier. The *same Author* gives us another story altogether as strange, of a Merchants Wife at *Antwerp*, and a familiar acquaintance of his, who some weeks before the time of her Delivery, hearing that there were thirteen condemned persons to be beheaded, was desirous to see them executed, and to that purpose gets to a friends house in the Market-place, where the windows look'd full out upon the Scaffolds; but scarce had she seen the first suffer, when she cried out for a Midwife, and was delivered of a lovely Boy, that had his head newly parted from his shoulders. Other Writers also give us the like stories. *Gassendus* in his Philosophy, tells us of one great with Child, that being set upon by a company of bloody Villains, and stab'd in several parts of her body, suddenly after died, and the Child that was cut out of her Womb, had so many blue spots like bruises in his body, as the Mother had stabbs, and in the very same parts, wherein she was wounded. *Munster* likewise makes mention of a Woman with Child, that standing whispering with another, and a third coming softly behind,  
and

and knocking their foreheads together, was soon after delivered of Twins, with their foreheads joyned together. Besides all this, there are yet more stupendious actions, which may be reckoned as the products of a working Phancie, That *Alcippe* (in *Pliny*) should be delivered of an Elephant: that a Woman in *Aristotle*, should be Mother to a Child with a Rams-head: or, that *Plutarcks* Matron, expecting a Son, should be saluted with an ugly Centaure, are effects which the most rational heads generally refer to the imagination.

Now if *Phansie* or the Imaginative power can transpose the parts of the *Fetus* and make it a monster; if it can turn executioner, and set the little Infants soul free from the prison of its body, while its body is still prisoner to the womb; why may it not as well act the *Painter*, and have the disposing of Natures colours, to draw as it pleaseth, ravishing, or else less enticing features? Certainly, if we consider what *Galen* relates of a woman who brought forth a Son not like the Father, who was much deformed, but resembling a comely picture hanging in her Chamber, whereon he wished her to think earnestly when she embraced her Husband: Or if we call to mind how some by often looking on a Black-amoores picture, have been delivered of a Child clouded with Natures sooty mask, and wrapt  
in



in the sable mantle of a swarthy skin ; we cannot but be convinced, that the Infant comes into the world apparel'd with those features, which the Phancy, that commanding Empress of the Mothers brain, dispences from her own wardrobe.

So that if ye desire ( Ladies ) to have Children, whose beauty shall eclipse all other objects, and be an attracting magnet to neighbouring eyes, propose to your Phancies such patterns as may excite both your own, and others admiration ; whether it be some person who monopolizes perfections, and is the royal exchequer of unparallel'd beauty, or some lively pencil'd picture of a most absolute proportion of parts, temper of colours, and vivacity of aspect. For some such exquisite pattern being once made choice of, and in time of conception, or else of being with child, often thought upon and beheld with intensness, will by little and little imprint in the mind a noble *Idea* of the same perfections, which the active *Phancie* soon apprehends as a proposed pattern, to work thereby a parallel piece ; and therefore with an obsequious celerity informs the *appetite*, which immediately summons the *subtle humors* and the most *spirituous* parts of the blood, as inferiour officers, and they receive an impression of this *Idea*, which they carry in triumph through  
all

all the coasts of the *microcosme*, till they arrive at those parts whereto they were designed by the direction of their *Empress Phancy*: Who thinking no repository too secure for so fair a species, commands those agile emissaries to treasure it up in the seed, which is the most new and durable ædifice in all its *dominions*, and likely to last when all the rest shall lye buried in the dust of their final ruines, Or if she be intrusted with this *Idea*, in the time of the Mothers being great, she immediately sends those active agents with it to the Womb, that *mint* of the *microcosme*, to have it *stampt* by the Plastick faculty on the growing *Fetus*, that so it may be in a capacity to act its princely part on the theatre of the world, where it may attract the eyes of future admirers, and with a radiant lustre vye with its Prototype.

But some of you perhaps may be so scrupulous as to enquire, that seeing the Phancie is meerly a cognitive faculty, and Women usually fix their thoughts on several and various objects during the times of Conception and Gravitation; how it comes to pass that we find not the Infant subject to more numerous mutations, according to the variety of impressions made by sundry species on the imagination? The Reply to this will be easie, if we consider, that if the matter were more seriously pondred,

we

we should not find the *Imagination* so seldome active as generally is supposed: for it is very probable that the resemblance of every child, whether with the father, mother or any other person, hath some near dependance on some operation or other of the mothers Phantasy; according as her mind was with more intenseness fixt upon such or such a party. But yet again it is not every act of the phantasy, which is able to affect the formative power residing in the womb; but only that which is strong, and attended with the powerfull commotion of the spirits and humours in the body. So that there being not many acts of the phantasy concomitated with the energie of such commotions, 'tis no wonder that infants signally affected with the mothers phantasy are so few. Those phantasies onely induce such agitations of the humours & spirits as are requisite to affect the Fœtus, which are followed by violent *passions* of a surprising *fear* or an earnest & longing *desire*: for these are the most turbulent and impetuous passions that the mind is subject to; which exciting the tenuious humours and spirits in all parts of the body, cause both in the mother and infant remarkable alterations.

Take but an instance or two of the effects of both these unruly passions. *Baptista Porta* in his natural magick, tells us of a woman who amorously

morously affecting a Marble statue, dead indeed in it self, but for her lust too lively, by frequent looking on it, and continuall keeping of it in her mind, brought forth a sonne plump, pale, of a glittering colour and in every thing representing the features of the too much admired marble. *Ficinus* reports for a truth of a woman that she brought forth a daughter which had a wel proportioned body, but for a head onely two Scallop-shells joyned to the shoulders, which she opened at pleasure to receive her meat and lived so eleven yeares; and that which occasioned the production of this monster, was, as he says, the mothers longing for Scallops whilst she was with child and not being able after great industrie to get any to satisfie her impatient desires. So *Delrio* in his magical disquisitions, gives us a relation of a noble Lady that was nurse to a very beautifull prince then Dolphin of France, whom she loved so entirely that she caused his effigies to be drawn, and carried it about with her, scarce induring it out of her sight; whereon it hapned that she became mother to a child so like the young Prince, that the generality of people knew no other distinction save that of their cloaths. And as for the passion of fear, *Levinus Lemnius* hath the history of an unhappy wagge that surprising a great bellied woman with the sight of a boys picture  
with

with a monstrous great head, caused her to bring forth a child of the same mishapen magnitude.

These instances are sufficient to demonstrate that the *phantasie* when attended with either of those *passions*, hath power to alter the confirmation and complexion of the yeelding *fetus*; and that to have handsome and beautifull children there is little else required, then the avoiding all monstrous objects and stories which may distract the *phantasie*; and in their stead, the proposing of some amiable object, from whence the phantasie affecting it with a passionate tenderness, may copy out an Idea of perfect beauty to communicate to the plastick facultie; whose chiefeft care is to erect a stately structure out of the rude masse that lyes so confus'd within the womb.

This is the opinion of severall antient and excellent Physicians as *Hippocrat.* in his book of *Superfextation*. *Galen* in the 14. cap. of his book concerning *Theriacle* to *Piso*. And *Laurentius* in his *Anatomicall Contraversies*. l. 8. q. 10. of *Wierus*. *Codronchus*. But enough of these, I hasten in the next chapter to give directions what course of life is requisite that those lead, who would purchase that they have not, or else preserve that beauty they have alreadie.

CHAP.

## C H A P. II.

*What course of life may probably be the best  
either to procure Beauty or preserve it.*

**C**ourse of life here mentioned, is intended as a generall notion, comprehending all those things which *Physitians* usually terme *res non naturales*: so that it almost takes in whatsoever may cause a sensible alteration in the body, as the external *aire*, sleeping and watching, repose or exercise, evacuation or retention of the excrements, *passions* or perturbations of the mind, and lastly *meats* or *drinks* whether medicinall or alimentary. For each of these as we shall briefly shew do signally affect both body and beauty too.

First then the *aire* is that liquid *ocean*, where-ineach Pilgrim of us all must *traffique* if we intend to make thriving husbands, or gaine the least addition to the too soon wasted number of our fleeting days: It is our more gentle *Æolus*, that breaths forth prosperous gales into the expanded lobes of our lungs, to land us safely at the silver top't Alps of hoary haires. But seldome is it that it keeps such an evennesse in its blasts, as not to cause some sensible variation

tion, in our beauty that *Loadstone* of desire : For it variously affects the body both within and without. *Inwardly*, as it is suckt into the lungs, those panting bellows, so naturally contrived to keep the basic furnace of the heart boiling ; then it communicates its qualities to the very fountain of life ; next to the blood, and so universally to the whole body. *Outwardly*, as it beats continually upon the superfiціаль skin, and causes roughness, chaps and sundry other accidents according to its severall constitution. So that great care is to be taken to preserve the body from the impressions of an ill disposed *aire*, whether too moist, or too dry, too hot or too cold. For an *aire* too moist will soon wash off natures paint ; and if ladies live too long in fogs, it is the readie way to stain their *damask* skins. The *lillies* and *roses* of the cheeks will fade rather then flourish if too much water'd : and *Venus* her self though borne in *Neptunes* watery pallace would never be nurs't there, fearing the tender plants of beauty would never thrive in that liquid *soile*. Wherefore I can scarce approve the practice of some Ladies, who to allay the petty exorbitancie of a ruddie colour, in

the evenings wherein damp mists and dews fall, expose their naked breasts and faces to *Cynthia's* moistening rays, as if the moon (because pale her self) would make them so; or her spitting in the face were to scoure it. Certainly beauty never consents that *Laundresse* should whiten her livery, who uses no other sope then her own foggie excrements. Such practises, I confesse, since they occasion rheums, catarrhs, and distillations may make the face white or pallid but never faire or handsome. So on the contrarie an *aire* too dry doth so wrinkle and chap the skin our native shirt, that nature or art can scarce ever work it with a beautiful embroidery. Next a *bleake* and piercing *aire* is a mortall enemy to a lovely complexion; it makes the skin rough, constipates the pores and hinders the exhalation of the excrements, and these lying betwixt the skin and the flesh do exceedingly vitiate the complexion, making it livid and dull. So that those Ladies are to be reprov'd that goe with their breasts bare and naked in the midst of frost and snow. Those swelling mounts where *Cupid* makes his nest, should have a warmer covering then a snowie fleece, for feare those milkie fountaines  
taines



tains may be curdled with a chilly cold, and he forc'd to shift for fairer lodgings. Neither is the contrary extream of *heat* lesse prejudiciall to a faire and tender skin; it tempts the blood to the externall parts, and there tanns it into a wainscot hew: Be carefull Ladies then, not to expose your beauty to a parching heat, for feare you soon bewaile your rash attempt in the sable vaile of a sootie skin. Therefore if it be in your power to choose an *aire* to better your complexions, make choice of a seat somewhat raised that it be not exposed to the inconveniences of fogs and mists, which too frequently pester the lower habitations; let it be sheltered round with pleasant woods and groves which may fence you from the blew impressions of a pinching *Boreas*, and in the Summer secure you that *Sol* with his amorous beames shall not kiss your beauty away. But in this election of *aires* regard is to be had to the constitution of the person; for those whose cheeks are tinctur'd with a deeper blush, ought to choose a cooler; and those whose lillie features seem wan and pallid, a hotter place; yet with this caution, that they expose themselves to no heat or cold but what is

moderate ; for extrémity of cold too violently repels the blood inward and excesse of heat draws it too much out.

In the next place *moderation* either in *sleeping* or *waking* conduces much to the preservation of a comely face. Excessive *sleep* makes the body dull and heavie, the colour pale, swarthie and livid ; for it is easie to know Morpheus's sluggish votaries by those *sullied* impressions his *leaden* heels leave in their fleshie robes. So on the other side *watching* over much spends the spirits, exceedingly dries the moisture of the body ; and if you make it a frequent custome to extend it to unusuall periods, it will scarce leave ye, Ladies, *blood* enough to *crimson* your cheeks with a *vermilion* blush for the losse of your beauty.

What hath been said of *sleeping* and *watching* may rationally be interpreted of *repose* and *exercise* : for *repose* is but a *waking sleep* and *exercise* a more active *watching*. If any love their ease too much they soon contract the *rust* of idlenesse, which will surely *ironmould* the finest skin ; and they that exercise immoderately ; quickly were out beauties silken livery ; and when once ye come Ladies to weare deformities home spun garments, you are quite

quite broke for beauties; for none will think you worth the looking after, and your whole *stock* of features will hardly procure any to *lend* you an eye.

How much *evacuation* or *retention* of the *excrements* either promote or hinder a good complexion, you will easily imagine if you consider that the reaking entrails are the bodies *sinke*, which, if it be not duely cleans'd and scour'd, affects the face with such noisome *exhalations* that the squeamish Queen of love will never be wonne upon to make it her court of residence.

The *perturbations* and unruly *passions* of the *mind* do offer greater violence to the features then any thing else; their impetuous motions raise an earthquake in the lesser world which ruins the stately structure of Cupids palace. *Griefe* is the moth of Beauty, it frets out the characters of natures fairest Orthography; wearing off those ruddie and carnation flourishes which her skilfull pencill drew, it makes the face a discolourable blank; and renders those who over much indulge it, so wanish and pale, that they seem but walking shrouds to carry themselves to their own shadie sepulchers. *Anger* is beauties burning feaver, which fieres the *furnace* of the

heart with too scorching flames that bake the exterior features into a brownbread swarthinesse: and it would be strange, should such course fare ever feast spectators eyes. Feare congeals the blood and bathes the body in a chilly sweat, which often enlivens the haire to an active though frightfull erection, but never clears the skin: nay it does your beautie more mischief then if you should intoxicate your selves with *Circe's* bewitching potion: for the worst this could do, would be to make ye handsome beasts; but feare causes a more frightfull metamorphosis and makes ye foule deformed women. Lastly *melancholy* is a sullen humour some spirit that raises tempests in the very center of the body; which overcloud the face with griefe, and wrinkle the forehead before *Thirty*: it makes that Ladie whom it once overcomes, to be out of love with the whole world and beauty to be out of love with her: while she thinks her selfe weary of other mens eyes, other men finding little worth their sight, are as weary of viewing her: they soon perceive that beauty transplanting her maiden lillies and ruddie roses to some more courted *Elysium*; intends

tends that face shall lye *fallow*, which melancholy frowns wrinkle into uneven *furrows*. What hath thus particularly been said of some *perturbations* of the mind, may be understood of all in general; so that all *passions* whatever, as they are usually call'd the Souls burning feaver, because they make it ferment it self into a pernicious excess; so may they fitly be named the Beauties wasting consumption, since they leave no marks of that excellent comeliness, which useth to work astonishment in all beholders, but make the former good looks give place to a fallow complexion.

Lastly, *Meats* and *Drinks* have a controuling power over the features, and proportionable lineaments of a taking face, and give great occasions towards the making or marring a beauty: For by *eating* and *drinking*, the humors, and more solid parts of the body, which are in a successive emanation, are nourished and kept in continual repair. Certainly, if we may believe Physitians, the moderate use of healthful *dyet* corroborates the innate heat, makes the external members well coloured, and lively to perform those actions, for which Nature hath intended

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them.

them. On the contrary, an *intemperate life*, abandon'd indifferently to all sorts of *meats*, without distinction either of time or measure, stifles the internal heat, breeds corrupted blood, from whence proceed obstructions of the more noble parts, a vitiated mass of malignant humors, which cause a discoloured, pale and tawny visage, stinking breath, rotten teeth, running eyes, and infinite other inconveniencies: Wherefore, let those that would be beauties favourites, not study too much kitchen Philosophy, nor busie their thoughts about too stately furnishing their sumptuous Tables, let them have a care of making too bold with *Wine*; if *Bacchus* set the face with his fiery carbuncles, and pitch his standard there, beauties vermilion Heraldry will soon be expung'd. Yet, on the other side, I would not have any person bring her self down to the lowest *Gamut* of *abstinence*, for this will spoyle the harmony of a well tun'd face, as much as if the guts were screw'd up to an *E-la* of *intemperance*. There is but little difference in either extream; excessive *gluttony* makes a Lady such a mountain of greasie mummy, that she needs no other *pomatum* for her bloated cheeks, than the nasty sweat

*sweat* that dribbles from her brow: And *unusual abstinence* makes the body like a thin thatch'd Tenement, that hath outstood the hopes of having fairer guests than grunting Swine; the skin represents some white-earth plaistering, and the bones so many uneven-laid laths to bear it out. Yet is it the practice of many that are neat and well proportioned enough, fearing they might grow too big and grosse, to meagre themselves by long and tedious *fastings*; and when they eat, to chuse *meats* of bad concoction, as herbs, fruits, sallads, vinegar, that so by a hard and course *diet*, they might become neat and slender; when all they do is nothing else but to extenuate and discolour the body by so rude an abstinence. It were better if such would follow the counsel of Physicians, to *eat* often and little, and that meat of good nourishment; to *eat* only once a day, or eating twice, to rise from Table only half satisfied, and so they might become of a mean and graceful habitude; without detriment either to health or beauty. I have hitherto spoken of *Meats* and *Drinks* that are *Alimentary*; there are yet others that are *Medicinal*, and that equally with these advance the beauty.

beauty. For since it is a thing very difficult, if not impossible, to live alwayes in such an *Air* as our temperament and constitution require, and that many unwelcome emergencies neither suffer us long to be without *care* and *vexation*, nor to keep an exact *diet*, or to take it in such a mediocrity and opportune time as is requisite to the breeding of good blood; since ( I say ) it is a thing so troublesome continually to govern our selves by the rules and measure of an exact method, it will be expedient to anticipate that alteration or corruption, which may happen amongst the humours of the body, ( through excess, or any other misdemeanour in our course of life, ) by some means or other, which hath power to expel those vitious qualities, which may cause an ill complexion; that so the colour may be kept cleer and lively, the skin smooth and subtile. The last means to effect this, will be in due time to *purge* the body with some quick and gentle *medicament*, as *Cassia*, *Manna*, *syrup of Violets*, *white Roses* or the like; if you would clear the body of superfluous humors after too much indulging your pallat, you may take half a dram of *pillule Ruffi* going to bed, and the



the next day you shall have all the reliques of your late intemperance, swept out in three or four stooles. *Vinegar of Squills*, if taken in a morning for several times together, and you exercise moderately after it, beautifies the body with a very fresh and lively colour. The same effects have the *Trochisks of red Roses*, if you carry them about you and take now and then one at your pleasure. The frequent use of *Clysters* is not without reason much commended, for that they do not only make the body soluble and purge the peccant humors, but also divert those fumes and vapors which ascending to the head alter much the beauty of the face. *Syrup of Fumitory, Agrimony, Cichorie*, open obstructions, and correct the intemperature of the liver; and for this reason are of singular use for clearing the complexion.

It would not be amiss, if I here put you in mind, to keep the body and all its parts at ease, without straitning them or hindring their free motion and repose: For to girt the body too close, to bind the arms or legs too hard, draws the blood too much from the face, and makes it descend to the more inferiour parts. Your  
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own oblation may satisfie you in this particular, for you may frequently perceive those persons become pale and loose their complexion, who to have a small and slender body, girt themselves too close; or to have a handsome leg and foot, use stockings and shoes much too straight.

When the humors apt to corrupt are expel'd and the blood purified, in the place of the vitious, you are to supply the body with good humors, by food of light concoction and good nourishment, as *Ponardo's*, well *seasoned Broths*, and the like. But before you eat, rise something early, and exercise moderately, that so you may help Nature to disperse those humors which were heap'd together during sleep, and make an equal distribution of the aliment, which in the last nights repose hath been digested. It is the ill custome of some Ladies, that they might meliorate their complexions, to take in their beds *Broths*, *Asses* or *Goats milke*, and after sleep upon it: such nourishment although it be good and commendable in it self, yet taken in such a sluttish manner, instead of breeding good blood, is soon corrupted and turn'd into a malignant nature; both because the stomach when such meat is received,

ceived, is not as yet discharged of its excrements and pituitous superfluities; and the appetite is not as then excited; for that the animal spirits which are the causes of it, are yet dull and drowsie. Moreover, in the morning Nature being careful of its æconomy, is imploy'd to drive outward those humid redundancies which were heaped the night before up in the body; but such unreasonable *eating*, diverts Nature from that expulsion, and constrains her to retire inward to promote concoction; so that being distracted by two such contrary motions, she performs neither so, as much to farther the bodies health. Thus much for that *course of life* which ought to be observ'd by those who would have their ravishing features penetrate those flinty breasts against which *Cupids* shafts seem too blunt and dull: the next *Chapter* supplies you with Remedies which shall so set off the loathsome imperfections of a blear-ey'd and wither'd *Magæra*, that she shall be taken for some attractive and heart subduing *Venus*.

## CHAP. III.

*External means to gain a good Complexion.*

**I**F in the flowry enamell of Natures garden there be any sensitive plant tis beauty: for though it may thrive and flourish perhaps in the face that *Elysium* of delights, during the youthfull *May* of warmer yeares, yet even then must it be cherish'd with a tender care: for so sensible is it of the softest touch, that if the *Sun* (intending to borrow some of its lustre to increase his owne) do but gently salute it with its subtle & limber rayes, it presently shrouds it selfe in a mantle of Jet, as if resenting his mildest embraces; as a rude indignity, it were resolv'd to benight the face in a gloomy coverture, in spite of his world of glory. So againe if sullen *Æolus* come so nere to blow upon it with his chilly breath, it presently contracts its expanded roses, as if it had rather degenerate into a deformed nature, then expose it self to the saucie blasts of that blustering courtier. We can't then be too carefull of a flower which is so nice and tender, neither

ther can any with discretion blame those Ladies that through an innocent care of enamouring looks, use some artificiall waters to preserve and cherish those features, which are of themselves too apt to fade and wither. I must here yet give them this caution, to avoid those things which rather adulterate then adorne the skin, such as *Spanish white* and *Mercury*: the least inconveniences they must expect from such drugs (except prepared by a very skilfull Artist) are a wrinkle-furrowed visage, stinking breath, loose & rotten teeth. So that it will be more safe and better to use *decoctions*, *Pomatus*, *ointments* and such like applications as you find described here, which are not in the least dangerous and doe exceedingly adorne the beautie.

As for the use of them, before they are applyed, the part must be washed with warme water, and after with water and sope, or some other deterfive liquor, which may prepare and fit it for the action of the ensuing medicaments. Such preparative liquors may be, distilled waters of mallows, elder, beanes, water lillies; cows milke distilled; infusion of white bread, decoction of French barley, or any thing of the like nature, whercof you may have  
your

your choice in this Chapter. When the part is cleansed, apply some of the following Cosmeticks, let them lye on all night, and in the morning wash with bran and water, or else with Violet water. The most approved Compositions for the beautifying of the Body, are these :

Take the Roots of Dragonwort, Arum ( or Cuckoe-pintle ) Briony, of each one ounce: sweet almonds peel'd, half a pound : bean bran half an ounce : Camphire, sal gem. sal ammoniac. borace, rock allum, all poudred of each two drams, incorporate them together with the whites of eggs, and form thereof little balls, which dissolve in cold water, wash your face therewith going to bed, let it lye on till the morning, and then wash it off with this water following :

Take a pottle Pot well glaz'd, fill it half full with the roots of white or marsh mallows washed and slic'd, adde thereto a pint of white wine, a dozen egg shells clean washt and poudred, afterwards pour in so much river or spring water as will fill up the Pot, boyl all these together to the consumption of a third part, and then adde the crum of a penny white loaf, and as much as a bean of verdigreese, pounded and tyed up

up in a little bag, strain the decoction into a basin, and adde to half thereof an ounce of finely poudred sugar, moisten a fine white ragg in this water, and wash the face therewith, without wiping after it.

Take two white pigeons, pull them, and cast away the guts, head, wings and leggs, then mince them into small pieces, then put them into a glass alembick, strowing the bottom with some plantane leaves; adde thereto oyle of sweet almonds three ounces, butter four ounces, a pint of Goats milk, the crum of a white loafe, borace and sugar candy of each two drams, burnt allum and poudred camphire of each three drams, the whites of 24 eggs, let all these infuse for the space of twelve hours, then carefully stop the alembick, and distil them in *Balneo Marie*; put the distilled water into glass viols to settle in a cool celler, strain it through a fine cloth, and wash your face therewith morning and evening: it makes the face, or any other part, exceeding comely: and is that pigeon water which hath been so much pris'd by the Court Dames at *Paris*.

Take allum, sal gem. of each one ounce, borace and camphire half an ounce, oyle of Tartar four ounces; beat and work  
D them

them together, then adde a pint of briony water, distill them altogether in B.M. the water you draw from them will be of marvellous vertue to beautifie any part, and make it of a ruddy complexion. Of the same effect is that which follows.

*Take* madder, frankincense, myrrhe, oriental saffron, mastick, of each like quantities, bruise them all, and steep them in white wine, anoint the face therewith going to bed, in the morning wash either with cold or warm water, it will purple any part with a gallant and pleasing blush. Or, take fraxinella roots, chew them, and tye them in a fine ragg, and bath the face.

This following is much commended for making the face white and clear as alabastrer; *Take* myrrhe two ounces, frankincense half an ounce, white ginger three drams, cinnamon and sublimate of each two drams, camphire one dram, whites of three or four eggs, put all these together in the belly of a young pullet or capon well wash'd, and cleansed; add thereto Goats, or Asses milk, distil all together, and you shall have such a water that few things can equal it. If you fear it because of the sublimate, after you have used



used it two or three times, you may discontinue it, and use this following :

Take the white of an egg, beat it together with rose water, anoint the face therewith, and when it hath sometime been dried on, wash with rose water. Or often bath the face with rose water camphorated. It is exceeding good to prevent those inconveniencies which may happen from the use of such things as too much dry and parch the face.

Slice four oranges and as many limmons, take white sugar and rock allum of each one ounce; infuse them three or four hours in a quart of milk, then distil them in B. M. and wet some fine cloth in the water to lay over the face when you go to bed. Or, take Goats milk one quart, juyce of citrons one pint, white wine vinegar half a pint, the flowers of beans, water lillies, fumitory, of each three handfuls, the whites of half a dozen eggs, camphire two drams, distil and use them as the other.

Oyle of myrrhe is singular good to preserve the beauty, if when you go to bed you wash your face with the distilled water of bean flowers, and afterwards anoint it with that oyle: It is thus pre-

pared, Take new laid eggs and boyl them hard, slit them and take out the yolks, then fill them up with poudred myrrhe, close them together, lay them in a moist cool place, and the myrrhe will dissolve into a water, which is the oyle. After the same manner you may prepare oyle of Tartar, if you calcine and put it into the eggs, it is an exceeding good Cosmetick.

Take Unguentum Citrinum three ounces, Sperma cœti an ounce and a half, salt of Ceruse half an ounce, oyle of eggs as much, mash them together and make a liniment. To make salt of Ceruse, you must poulder the ceruse very fine, and mix it with some distilled vinegar, so that to one ounce of ceruse there may be four ounces of vinegar; let it infuse three or four dayes, then draw it off by filtration, and and set that which is drawn off over the fire, in an earthen pot well glaz'd and dried till it become a salt, as they make their cauteries.

Take prepared snails, that is, drawn out of their shells and washt so long in salt and water till they loose their slime, then pound them and lay one bed of them in the bottom of an Alembicke, and on them make an other bed of sal gem, allum, frankincense,

kicense, borace, camphire of each pounded two *drams*, then poure on so much juice of limmons as may cover them two fingers, so let them macerate 5 or 6 hours together, and then distill them in *Bal. Maris*.

Take twelve limons, as many hen eggs, halfe a pound of turpentine well walht, put the turpentine in the bottome of the alembick, boile the eggs hard and distill all in *B. M.* this water is excellent to whiten the skin and change the complexion, if you wash with spring water and dry the face, and after wash with this without wiping.

This bath is very good, Take two handfulls of sage leaves, the like quantity of lavender flowers and roses, a little salt, boile them in spring water and therewith bath your body; remembering that you are never to bath after meals for it will occasion many infirmities; bath therefore two or three hours before dinner, it will cleare the skin, revives the spirits and strengthens the body, the same effects hath this following.

Take rose water, vineger, salt, boile all together in faire water, take thereof a pint, mix some bran with it, and wash the

body all over with it, let it dry on, then wash it off, nothing can be better to mundifie the body.

Some Ladies delight much in sweet baths, therefore into half a *pint* of water they put 5 or 6 *drops* of oile of spicke-nard; some beside this adde musk, amber, civet, lignum aloes, benjamin, storax, myrrh, cloves, roses, limmon and orange flowers, rosemary, lavender, mint, penny-royall. But your chymicall extracts far excell all these, if you mix but halfe a dozen *drops* with your bath; such are the oile of oranges, cloves, mace, nutmegs and the like.

When your bath is provided remember if you prize your health or beauty, that it be not too hot; for then it scorcheth the skin and makes it rough; and causes very many untoward infirmities. Thus much for the *meanes* to *gaine* a good *complexion*, I come in the next place to give some speciall remedies, how to correct the more particular vices of an ill complexion: as a *pale* and *swarthy* colour, a *rough*, *harsh*, *grosse* or *fluttish* skin, *sweat*, *spots*, *itch*, *scab*, *leprosie*, *scurf* and the like.

## C H A P. IV.

*How to beautifie a white and pallid complexion.*

**S**uch colours when they annoy the complexion principally proceed from ill humours, which abound in the body & are expelled forth to the externall superficies of the skin; wherefore those that desire to correct any vitious colour that offends their bodies, must in the first place by some *purgation* evacuate that humour, whereto their distemper owes its originall. Now the palenesse of the complexion in women is principally occasioned by obstructions of the spleen and liver, which cause in them a suppression of their monthly purgations, which cause being by an orderly course of physick removed, the body must be replenisht by a good and commendable *dye*. If this doe not recover their decaying beauty they may proceed to *externall applications*; and to make their cheeks and lips ruddie and lively, with good success use these things following.

Diffolve the shavings of Brasil and Orkanet, in allum water, wherewith (after  
you

you have sufficiently cleansed the face with water of lillies or bean flowers) bath the cheeks and lips, letting it dry on. Or else bath the cheeks, lips or any other part that is too pale and white with allom water wherein a peece of red turnsoile hath been often steeped, or rub those parts with a peece of shipskin coloured red. To chase the parts often with the hand or a course cloth makes them look red and lively; for such frictions draw the blood and spirits outward. Or in case of necessity use Pomatum and Vermilion made of cinnaberis. Or, Take red Saunders bruise and steep it for 3 dayes in *Aqua Vite*, then boile it for an hour over a gentle fire adding a little allum and gum arabick, than strein it and bath the parts therewith.

Take rock allum *unc. i.* boile it in a pinte of running water, when it is dissolved take it off from the fire, let it cool, then adde to it Vermilion finely powdred *one ounce*, boile them againe to a consumption of half, streine the decoction and keep it for your use.

Take Brasil *one ounce*, Cloves *halfe a score*, grains of Paradise *two scruples*, boile them with a pint of rectified *Aqua vite*

in a covered vessel; use it when it is cold.

## C H A P. V.

*To smooth a rough and uneven Skin.*

**T**He skin is the bodies native shirt; which if it be of a courser thread, it is some of Natures homespun housewifry, carelessly huddled up when she was in hast to finish a finer peece. To smooth such rugged canvas and bring it to a pleasing evennesse that may vie with the polisht Alabaster, art here presents an inventory of of its best directions: so often prov'd that I presume any course skin'd Ladie who will be so much her own friend to use them, may soon be freed from doing penance in natures sackcloth.

Take peeld Almonds six pound, massick, prepar'd ceruse and gum dragant of each four ounces, the whites of 4 eggs, pound all together very carefully, let it stand 5 or 6 days pounding it every day once, then put them in a presse and keep the oile that comes forth to anoint the skin withall.

Take hempseed, pound it small, moisten  
it

it with a little *aqua vite* then heat it in a frying pan made very clean, so hot that you cant endure to touch, afterward put it into a bag and presse it, the oile that comes from it is exceeding good for the roughnesse of the skin.

Anoint any part that is too rough with oile of rape seed or bitter almonds, or oile of wheat. Or take sweet almonds cleansed and peeled foure pound, moisten them with the spirit of wine & rose water mixt together of each one ounce, beat them together and fry them, when they begin to smoke put them in a bag, so presse them and there will come forth an oile very cleare, which you must put into a pot of raine water and beat it together til it become exceeding white: then keep it as a rare secret to smoothe and pollish the skin.

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## C H A P. VI.

*How to cleans the sweatie and sluttish  
Complexion.*

**T**HE microcosme through the sordid sluttishnesse of some, is often dropnd  
in



in a nastie *deluge* of sweat ; out a designe perhaps to take *Cupid* captive and *bird-lime* his wings with such *clammie* excrements : but if they have no other tempting bait, then the greasie *pomatum* which their own ill stuff'd bodies supply them with, I am afraid ( though being blind he cannot see them ) he'l smell them a mile off and so keep his distance. They would doe much better to break off this petty plot upon *Cupid*; and scour their bodies well with these absterfives.

Take bryony roots half a *handfull*, serpentary the lesse, (or friars Coule,) pelltory of the wall, elecampane, of each three *ounces*, whole beanes, rice, white vetches, French barley of each two *ounces* and a *half*, flowers of camomile, melilot of each one *handfull*. Boile all these together in raine water & receive the fume up in the face. If you would have it for your whole body, double the quantities, boile them, powre them forth into a bath, set a stoole in the bath, cast a sheet over you and so receive the vapoure.

*Unguentum Citrinum* is of great efficacy to help this distemper if you adde thereto a little sublimate carefully prepared, or a little white hellebore finely powdred :

powdred. The fumes of the decoction of the shavings of Guajacum is exceeding good.

Take bean meale, white vetches, sweet almonds blanchèd, gum dragant, bryony roots of each half an ounce, pound them a part, then mix them and incorporate them with whites of eggs; make them up into little balls. When you have occasion to use them dissolve them in barley water, and bath the skin therewith, going to bed, next day wash with water wherein the finest flower hath been slept.

Take the roots of serpentary sliced, dry them in the sun, powder and sift them, next incorporate them with rose water into a past, dry them againe in the sun and powder them, then adde a third part of ceruse prepared so as is directed in the 2. part. c. 1. then worke all together with rose water, dry them in the sun, and at last bring it with beating it in a mortar to a very fine powder. When you would use it, mix it with the juice of limmons, and so make it into a liniment for a sweatie part.

Take barley half ripe two pound, goats milke three pints, the whites of a dozen eggs, mix and distil them in *balneo maris*, then

then use it. Or take sifted bran, the best leaven two pound, as much vinegar as shall be requisite, the whites of eight eggs, mingle them, and make it into a paste, then distil it in B. M.

Take thirty Snails prepared, a quart of Goats milk, hogs suet three ounces, camfre poudred two drams, beat them together, and distil them in an Alembick.

The fluttness and sweat of the skin, may proceed either from an external cause, as negligence to wipe and cleanse the face from that filth and ordure which may be ingendred by the aire, or any other accident; and then there needs no more to beautifie it, than a constant washing and rubbing it: Or, from an internal, as fuliginous vapours detain'd betwixt the *Cutis* and *Epidermis*, by reason of its density. This is the more frequent cause, and for the more general cure of it, the body must thoroughly be purged of those humors which produce such excrements; and for topical applications, you are to use such things as are set down in this Chapter. Or you may scour and cleanse the body with water wherein fine wheat flower, or the crum of white bread hath been infus'd, adding to it a small quantity  
of

of the juyce of limmons. Or with the decoction of mallow roots, or lillies. As also with the infusion of the roots of briony, with the juyce of the roots of sowbread, or wild cucumers incorporated with bean meal, with the oyle of sulphur or tarrar, mixt either with clear fountain water, or else with any of the former decoctions. Thus far concerning the *nasty sweat of the skin*; the next inconvenience that damages the beauty, and which we intend to give remedies how to correct, are *itch* and *scabs*.

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## CHAP. VII.

*How to repair the beauty of an itchy  
or scabby skin.*

**I** Am afraid, Ladies, that whilst I prescribe remedies for so loathsome a skin-defiling malady, you will think I have forgot ye, and am now addresting my self to your kitchen maids: I must confesse the e fretting exulcerations are more frequently incident to such as are forced to content themselves with courser commons; as amongst the fleecy troops, those are soonest scabby that feed in unwholesome

some pasture. Yet the highest and best fed, are not alwaies exempted from the infection; nor are the most delicate Ladies, especially if any thing irregular or intemperate, wholly secured, that they shall be no fuller of ill humors than their skins can hold. If ever then your ill disposed humors grow so strong, to break their way through the inclosing skin, it will do you no harm to have something in readiness that may check their presumption.

*Take* Fumitory water an ounce and a half, succory water three ounces, syrup of fumitory and succory of each one ounce; mix altogether, and take it for your mornings draught, use it for five dayes together: then use this excellent medicine;

*Take* Sena two drams, rhubarb one scruple, annis seeds half a scruple; white wine half a pint; put all into an earthen bottle, stopit close, and set it over warm embers all night, in the morning strain it out and drink it: if the stomach be weak, and love not Potions, you may use these following Pills:

*Take* Citrine mirabolans, rubarb, of each half a dram, aloes washt in the decoction of sena one scruple, make them up into

into Pills with syrup of Fumitory; then anoint your self going to bed with this oyntment. Take Brimstone an ounce and a half, salt and sallad oyle ore ounce, grind the salt and sulphur exceeding small; mix them with the oyle, and when you go to bed use it for three or four nights; only chafing it very well into the palms of the hands, then draw on a pair of gloves, and keep them on all night; it will cure all itch and scabs throughout the body.

Take as much mans urine as will serve to bath the diseased up to the knees; add thereto charecoal of oak poudered and black hellebore, but more hellebore than coal: bath therewith the leggs for fifteen mornings together, and longer if need require. This bath its effect on every member of the body, so that whether it be Tetter, Leprosie, Itch, or running Scab, in short time it is cured with this medicine.

*Mercur.* and other experienced Physicians, commend the success that these ointments have, if they are applied to the pulse: Take oleum laurinum six drams, quicksilver one dram and a half, borace three drams, cerose one dram, cumlin seeds one scruple; make them into an ointment.

ointment. Or, *Take equal parts* of borace and aloes, a *third part* of prepared quicksilver, as much oyle of Lawrel, make them into an Unguent; and with either of these anoint the pulses going to bed: after you have bathed your arms for some while in warm water. I find these much extol'd, but I would not have you use them before you have tryed something else because of the quicksilver.

Before you practice with any medicine, remember to purge the body of that humor which is the cause of your distemper. I shall here only add two or three odoriferous waters which cure all such infirmities, and make the skin smooth and delicate. *Take Bawm*, what quantity you please, beat it well, then set it to macerate one night in white wine, the next morning draw off the water in a glass still. It is exceeding sweet, and in a short time cures all scabs throughout the body, if you add a grain of musk and bath it therewith: mixt with natural balsame, and anointed on the face, 'twill make it of a lively rose colour.

*Take* dried Sage eight ounces, nutmegs five ounces, ginger, cloves, cinnamon,  
E grains

grains of paradise, of each four *ounces*; bruise them, and then set them to digest for twenty four hours in good white wine, afterward distill them according to art in an Alembick: The water drawn from thence is so excellent, that if you drink it in a small quantity for three dayes fasting, it cures all Tettors and Scabs, breeds good blood, and causes a lovely complexion.

Take Turpentine a quarter of a pound, honey two *ounces*, *aque vite* three *ounces*, wood of aloes beaten small, sweet faunders, of each three *drams*, gum arabick one *dram*, nutmegs two *drams*, ambergreece one *dram*, powder all small, and distill them with a gentle fire; and in your operation you shall draw *three* several sorts of liquors: the *first* is clear, the *second* (when the fire is increased) falls in drops like burning coals, the *third* descends a little blacker and thicker than honey. The first is called *mother of balsame*; the second *oyle of balsame*; and the third *artificial balsame*: If you anoint your self with the *first* of these, it is exceeding good for spreading Scabs, or itching Tettors; kept in the mouth, it sweetens the breath, fastens, preserves, and whitens



whitens the teeth; anointing the face therewith, it makes it smooth and ruddy. The *second* and *third* liquors recover complexion lost, are good for any bruise, cure all distempers arising from the blood, or phlegme corrupted.

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CHAP. VIII.

*To adorne the scurfie and mealy  
Complexion.*

**T**Hat Complexion is said to be *mealy* and *scurfie*, which appears full of little white scales that fall off like small bran, when the face or other part is rub'd with a woollen cloth. The thin and meager constitution is most frequently troubled with this distemper; and it proceeds from thick and grosse humors detain'd betwixt the cuticle and the under skin, which corrupt after some continuance, and then corrode that slender covering into a scaly dust.

To embellish such a complexion, the chiefest care must be to dislodge those humors that lye betwixt the *Epidermis*  
E 2 and

and the groffer skin ; for which intent you may use urine, or white wine wherein sliced limmons have been boiled ; a lixivium made with the ashes of beets and coleworts, wherein boile lupins and beans, and in the streined liquor dissolve a *spoonful* or *two* of honey or gall, or something of the like nature to bath the face withal.

If the face be very lean, instead of the foregoing Fomentation, you may use this that is not so drying. *Take* the leaves of buglosse, borage, pellitory, mallows, fumitory, violets, cichory, endive, lettice, poppy, fengreek, cleans'd barley, boyle them together in water, adding a *little* bran bound up in a bag ; after the face hath been bathed, wash it with this water :

*Take* bitter almonds, the meal of beans and verches, of each one *ounce* ; allum, borace, mastick, olibanum, gum tragant, of each half an *ounce* ; juyce of limmons seven *ounces* ; water of plantane, roses and white lillies, of each three *ounces* ; new Goats milk four *ounces* ; mix all together, and distil them with a gentle fire.

*Take*

*Take Mel roſatum,* roſe water, juyce of limmons, of each two ounces; gum tragagant, maſtick, ceruſe prepar'd, ſtarch, olibanum, of each three drams; allum, white corral, cuttle bone, borace, of each two drams; ſal gem. a dram and a half; bean meal one ounce; the whites of three eggs, ſnails beaten with their ſhells, fix ounces; camphire half a dram; cinnamon half an ounce; mix them, and diſtil them in *Balneo Maris*, then apply the water to the face.

*Take Enula campan,* burdock roots, of each two ounces; boile them in ſtrong vinegar, pound them and paſſe them through a ſtreiner; add ſulphur vive two drams, ſalt calcined a dram and a half, juyce of limmons two ounces; dip a cloth in this compoſition, and ſo bath the ſkin with it.

*Take* the water that is found in cavities of oaks, waſh the ſkin therewith: Or, *Take* the juyce that is newly preſt from agrimony incorporated with ſalt and vinegar; or the juyce of burdock mixt with ſulphur vive. The Decoction of ſcabious drank for ſome mornings together, cures the ſkin of this infirmity. Or, *Take* the roots of ſcrofulary out of the

ground in *Autumne*, beat them together with fresh butter, put it into an earthen pot close stop't, set it in a moist place twelve or fifteen dayes, the butter will soon dissolve, strein it, and keep it to a-noint the body.

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CHAP. IX.

*How to polish the Skin when it is disfigured with Scars, or marks of the Small Pox.*

VARIOUS are the supprising casualties that deform a polisht Skin; each wound is a grave where Loves dumb orator lyes inshrin'd; and Chirurgeons usually the unskilful Plasterers, that make an ill-rai's'd cicatrice the swelling monument to departed beauty. The feature fretting Pox, if it sets but a foot within that paradise of perfections, the face; it leaves more disfiguring impressions there, than a *Goridons clouted shoes* on a *Cedar floor*. Now to smoothe, Ladies, and polish your skins after such disasters, prise the medicines commended to you in this *Chapter* as rarities;

rities; they'le make the hills and dales of uneven faces meet without a miraele, levelling them to such a smoothness, that little *Cupid*, though blind, may sport himself there and never stumble.

*Take* mastick two ounces, gum arabick one ounce, saffron half an ounce, turpentine three ounces, old sallad oyle two ounces; make the mastick and gum arabick into a grosse powder, then put them into the oyles and turpentine, distil all together in a glasse Alembick, and anoint the face with the water going to bed; in the morning wash with warm water, wherein the finest flower hath been infused. It is exceeding good for any disfiguring scarr that appears after the consolidation of a wound. Of the same nature is the next that follows.

*Take* oyle of Tartar, and the mucilage of Psyllium seeds extracted with rose water, of each one ounce; ceruse dissolved in oyle of roses as much, borace and sal gem. of each one dram; incorporate them well together and make an oyntment. Or, *Take* Tartar well burnt, boile eggs hard, take out the yolks after you have slit them, and fill up the cavities with the burnt tartar; put them in a moist

E 4

place,

place, and keep the water that comes from thence as excellent for scars.

*Take* litharge of gold two ounces, ceruse and salt, of each *half an ounce*; vinegar, rose and plantane water, of each three ounces; camphire *half a dram*; mingle and filtre it, so keep it for use. Or, *Take* wild cucumer roots finely powdred one ounce, allum two drams, sulphur vive, nitre, of each one *dram*; incorporate all together with lard well washt, use it as an ointment. These two are of the same vertue with the former.

*Take* oyle of Lillies, capons grease, oyle of roses, of each one ounce and a half; wash these well in rose and lilly water; then add to them the whites of four or five eggs half boiled in their shells, oyl of sweet and bitter almonds, of each one ounce; incorporate them together in a marble mortar, and in the working put in the mucilage of melon seeds, litharge of gold and chalk powdred, of each two drams; make them into an Unguent: applied to the face, it takes away all those scars the Small Pox too frequently makes there. Hares blood, if you bath the skin often with it warm, fills the cavities with flesh, and makes the skin even and

and plain. It is likewise an approved experiment, That the water which comes from Sheep or Goats hoofs burnt, is very good for the same. Or, use this following :

Take Litharge of gold washt nine times in rose water, and sifted as often, two *drams*; reed roots dried and pounded, rice meal, powder of burnt bones, bean meal, of each one *dram*; beat all together very small, then sift it through fine tiffany; incorporate it with the mucilage of flax seed, fengreek and psyllium extracted in lilly water, and so bring it into the form of an Unguent. Apply it to the face going to bed, on the morrow wash with barley water.

Bath the places with warm water, then strew thereon the cinders of burnt Tartar, either alone or with myrrhe. Or, bath the places with water wherein cinnamon hath a long time boiled, then put thereon the powder of litharge, it will in short time take away all marks of the Small Pox.

Take wheaten starch, blancht almonds, of each two *drams*; sweet costus, gum tragacanth, of each *half a dram*; reed roots *half an ounce*; barley meal, whole  
melon

melon seeds, beans dried and pounded three *drams*, saffron one *scruple*, powder and sift the whole, mingle them with equal parts of rose water and juice of orange peel, make a liniment, and with a feather anoint the scars of the pox, leaving it so all night; on the morrow wash with the decoction of camomile and melilot.

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C H A P. X.

*How to remove spots in what part of the body soever.*

**I** Have seen faces from whose features, beauty her self might have taken copies, had not nature studying too much neatnesse plaid the *cortezan*, and spoiled that which was handsonie before by too much *patching*. Yet most Ladies never think themselves *Venus's* for beauty, except they have some artificiall *mole*: though such *stellæ nebulae* eclipse more then increase the native lustre; and especially where nature is too free in her spots they are alway reputed blemishes not ornaments. Those then that have beauties



beauties characters defac'd with such blots, if they have recourse to these following directions, shall find themselves quickly freed, and their features so ravishing that were it the mode of this age to dedicate *shrines* to beauty, there is none of them but would have their *Altar*, where the most generous heart should glory to be a *sacrifice*.

*To take away any spot whatever.*

Bath them for three mornings together with allum dissolved in oile of Tartar, wash after with lye and lupine meale. Or take two parts of plantaine water and one of rosewater, *sulphur vive* powdred two ounces, rock allum beaten small one ounce, boile them over the fire till a fifth part be consumed, then take it off and stir it well till it be cool, afterward strein it through a fine cloth and keep it for use. It takes away all kind of spots.

Take sugar candie, white frankincence of each two ounces, dissolve them in juice of limmons halfe a pinte, boile them gently in a little skillet, then anoint the spots with it, after they have been washed with barley water.

*Take*

*Take* lye made of Vine ashes, juice of coleworts, ox-gall of each a pound and a halfe, dissolve therein half an ounce of allum and three whole eggs beaten, wet a cloth in this composition and bath the spots therewith.

*Take* turpentine and masticke, tutia prepared, of each two ounces, camphire halfe an ounce, steep them three daies in strong vinegar, distill them in an alem-bick, and keep the water for use.

*To cleer the skin of black spots.*

*Take* the distilled waters of dock and melon roots of each one quart, ten swallow eggs, salt nitre half an ounce, white Tartar two ounces, pound the nitre and tartar then mix them altogether, let them stand 24 hours, then distill them in an alem-bick in B. M. wash the black spots with the water in the morning, at night wash them with oile of tartar and sweet almonds mixt together.

*Take* mastick powdred, sulphur vive of each one ounce, bay berries as many; steep them in warme water for the space of ten days stirring them carefully once  
or

or twice a day: then wash the black places with that water.

Take roots of iris Florent. wild cucumers, briony of each two pound, dittany four ounces, flowers of beanes, pellitory of the wall of each one handfull, flowers of water lillie two handfuls, steep them in white wine then mix them with goats milke; after distill them in an alembick, and keep the water to wash the spots.

*For white spots.*

These proceed commonly from a pituitous humour abounding in the body and are thus remedied. Take barley, lupines, red Vetches, the roots of the greater and lesse dragon wort of each one ounce, pound them and incorporate them with the whites of eggs, make them up in little bals and dry them in the sun: when you have occasion to use them dissolve one or two in rosewater, and so anoint the spots going to bed, in the morning wash with the infusion of the crum of white bread.

Take the ashes of asphodill roots mix them with vineger and apply them. Or steep the rind of Caper roots in strong  
vine.

vineger. Or verdegreece finely powdred & macerated a day and a night in juice of limmons, wet a linnen cloth therein, and bath the spots.

*For green spots.*

Powder the dried roots of dragon wort, to two ounces of this powder adde ceruse halt an ounce, and as much cuttle bone powdred, worke them together with rose water and make them into little bals, dry them and keep them for your use: when you have occasion dissolve a couple in a quantity of rose water and therewith anoint the skin.

Take the juice of chelandine & strong vineger make it into an ointment and apply it. Or take brimstone, myrrhe, frankincence, camphre of each two drams, steep them in rose water the space of 8 daies, stirring it once a day then let it settle and use it to wash the face.

*For red tawny spots.*

Take Venetian ceruse one ounce, lapis calaminaris, litharge of each two drams, prepared tutia, spodium of each one dram,  
powder

powder them very small, then adde the water of plantaine, houlleek, red roses of each two *drams*, mingle them and keep it for your use.

In the morning fasting chew in the mouth a bit of mastick as soon as you perceive it to dissolve anoint the spots therewith. Or powder pigeons dung, flax seed, French barley, soake them in strong vinegar and anoint the spots.

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C H A P. XI.

*To reduce the body that is too fat to a meane and handsome proportion.*

**I**T can be no pleasing sight, to see a soul prest under a mountaine of flesh, and the body stretcht to such dimentiones that make it represent a walking barrell. Were there nothing more then this; 'twere sufficient to deterre any from such an unwildie magnitude, that it always proves its own accuser, exposing in too legible characters, *Sloth*, to every one that can but read. For when ere the carcase swells it self into a bulk too voluminous, idlenesse is there describ'd in *folio*.  
Have

Have a care Ladies then to keep your bodies in a mean proportion, and if ever they enlarge themselves to extravagant limits, use these directions to reduce them to their former bounds, so you may regain your credit and your beautie too.

Rise early in the mornings and use some violent exercise to sweat often; fast much, rise halfe satisfied from your meals; let your first course be oily and fattie things that the appetite may be soon satiated, and the body kept soluble; the second course sharp, salt and bitter things: eat all your meats with vineger, pepper, mustard, juice of oranges and limmons; sleep at night on a quilt.

It is good to bleed largely twice a year, the right arme in the spring, the left in the autumn; purge the body in those seasons with strong phylick, once a week take some laxatives, as *pillule Ruffi*, *extractum Rudii*; every morning chiefly in winter use this powder.

Take the seeds of annis, fennel, *agnus castus*, rue, carroway, cummin, pepper, ginger, mace, nutmegs, galingale, smal-lage, dried marjerom, gentian, round birthwort, of each equall parts,  
take

take one *dram* of this powder in a glasse of white wine half an hour before meals.

Cooling applications may be layd to the heart or liver, as the juice or decoction of plantane, shepherds purse, horstaile, lettuce, white henbane, adding the powder of camfre, mirtle or the like.

If any one particular part be too corpulent, for the rest of the body, you may bring it to a correspondent proportion if you use this unguent, Take Fullers earth, ceruse and lead, mix them with the juice of white henbane and the oile of mirtle; anoint the part therewith, having first bathed it with vinegar, wherein brimstone, salt nitre, and rock allum have been dissolv'd. Some use with ligaments to bind those passages, whereby the member is supplied with nourishment.

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## CHAP. XII.

*To make the body or any part thereof  
plump and fat, that was before  
too leane.*

**I**N a contrary extreame to corpulency,  
are those breathing *Skeletons* that carry  
F *lent*

ry Lent in their face at a Christmas *feast*, and look so meagerly that their Confessours, since they have nothing least but *skin* and *bones*, dare not for feare of a Solécisme injoin them pennance to mortifie the *flesh*. No part about them thrive so well as their bones, and these look as lustie, as if they had eaten up the flesh, and were readie to leap of the skin to fall upon others. Truly Ladies such leanness is a ravenous guest, and will keep you bare to maintaine him, if you have a mind to be rid of his company, observe these prescriptions following and I dare ingage he shall not long disturb you.

Let your chamber in the summer time be kept something cool and moist with violets, lillies, or the like fresh flowers: before you eat, chafe the body till it look red, then walke and stirre about some houswives imployment. When you eat take nothing that is salt or sharp, bitter or too hot, but let your meats be sweet and of good nourishment, as fresh eggs, mutton, veale, capon, and for three hours after meat take your recreation in dauncing, singing, discoursing &c. use some baths twice a month, and in the mornings this electuary.

Sweet



Sweet almonds, pistach nuts, white poppy seed, butter and sugar, beat them up into the forme of an electuary: take thereof morning and evening the quantity of a walnut, it quickly fattens and gives a good complexion.

*Take* twelve or thirteen Lizards or euts cut off their heads and tailes, boile them and let the water stand to cool, take of the grease mix it with wheaten flower, feed a Hen therewith till shee be fat, then kil her and eat her; this often used will make you exceeding fat, keep it for a rare and true secret.

*Take* a young Capon, the flesh of veal, four calves feet, white wine, faire water of both 3 *quarts*: boile all in an earthen vessell, scumming of all the fat. Then put this broth into a new vessell with a pound and a *halfe* of sugar, cinnamon half an ounce, a *dozen* cloves, boile it gently againe, then adde thereto the whites of two eggs, reboil it, and passe it through a streiner, before it cool, mix a little musk, and amber, dissolved in rose-water.

*Take* the flower of rice half a pound, dissolve it in as much milke as is sufficient,

adde thereto the flesh of a young Capon boild tender, sweet almonds 24. beat them well in a mortar then mix them with the milke and rice, streine all through a course cloth, putting thereto what quantity of sugar you please. Boile all over a soft fire till it coagulate into the forme of a gelly : when it begins to cool adde of amber and muske dissolv'd in rose water as much as will give it a gratefull odour, often take a small quantity of it.

If one part fall away and beare no proportion to the rest of the body ; you may bring it to even terms thus. Take oile of Foxes an *ounce* and a *halse*, oile of lillies, the greace of Capons, and Geese of each two *ounces*, greek pitch, pine rosin, and turpentine of each two *ounces*, boile all these together in an earthen glazed vessell, adding oile of elder one *ounce*, then take it from the fire and adde new wax, as much as will suffice to make it into a stiffe cerecloth, when it is almost cold spread it upon a strong cloth, as much as will wrap up the member, then apply it and leave it on all night ; if you find any inconvenience in it use this following bath.

Boile

Boile in claret wine halfe a *handfull* of  
roses, wormwood, stæchas, calamint,  
squinth, rosemary, sage, cammomile, of  
each one *handful*; let a third part of the  
wine be consum'd, while it is warme,  
bath the place where the cerecloth was  
applyed; this bath doth draw nourish-  
ment to the part, and strengthens its re-  
tentive virtue. Thus much of what con-  
cernes the *beautifying* of the *body* in  
*generall*.




F 3

PART.



## PART. II.

### *Of the Head, Necke, and Breasts.*


**Y**E that intend, Ladies, to  
 subdue hearts, and com-  
 mand with sovereignty in  
 the mint-house of others  
 Affections, must be care-  
 full to keep in tune the  
 harmony of these parts; remembering  
 that they were intended for beauties glo-  
 rious Frontispiece, to allure Spectators  
 eyes, and with a *Phæbean* lustre, make  
 them its obsequious *Heliotropes*. By what  
 means you are to preserve their splendor,  
 you may be instructed in this *Second Part*.  
 Where you shall learn how to give the  
*Face* such a commanding Beauty; that all  
 who view it shall yield obedience, and  
 none

none rebel but those who cannot see; how your *Eyes* may be made *Cupids* chrystal burning glasse, to kindle devotion in your Captives hearts; and your bushy *Hair Venus's Grove*, in whose twyning Mæanders a pleasing imprisonment shall breed a dislike of former Freedom: In a word, how to advance your Features to such a pitch of dazeling glory, that shall make Beauty it self out of countenance, and put *Cupid* hardly to it, among so many fair ones, to know his Mother.

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## CHAP. I.

*To cure Redness and fiery Pimples in the Face.*

**A**N inundation of crimson'd blood often drowns the flowry *Elysium* of a charming face; disfiguring it with such a flaming hue, as if the juycie god had made it his vineyard, and planted it with rubie Grapes. To abate the fury of such high colours, and fright them into a pleasing

sing paleness; call to your assistance the following Receipts.

As to the general cure, you are to abstain from wine, except it be very well qualified; as also from all meats which heat the blood, as those which are sharp or spicy: or are easie to be corrupted in the stomach, as milk, cheese, &c. use in your broths lettuce, spinage, purslain, sorrel, and the like: Blood-letting is exceeding good, chiefly in the median vein, in both the arms, some dayes being interposed; then in the vein of the forehead, afterwards in the neck; apply cupping-glasses to the shoulders and neck, especially under the chin, and sometimes to the thighs and leggs; you may also apply leeches to the cheeks and chin to evacuate the blood that is amassed under the skin.

For more particular remedies, if the malady be inveterate, begin with Emollients, digestives, and things that do attenuate, not only to rarifie the skin, but also to subtilize the humor. For if at first you use cold things and repercussives, you will condense the skin through which the humors ought to exhale and impact the humor into the substance of the  
the

the flesh, and make it the more contumacious to be dissolved ; whereby the complexion is made more black and swarthy.

Prepare then a Decoction of figgs, raisins of the Sun washed and ston'd, oatmeal, soap, french barley, the leaves of pellitory of the wall, camomil, mallows, violets ; receive the fume of this Decoction up into the face, covering the face and neck with a napkin, to keep the fume from dissipating : continue this *three* or *four* times that the face may be supple, and the skin fitted to receive the vertue of your medicines the better.

Instead of this Decoction, you may spread on the visage the warm blood of a pigeon, pullet, or capon drawn newly from under their wings ; let the blood lay on all night, in the morning wash it off with warm water, or the decoction of soap, oatmeal, or the like. Or else in the place of these remedies, Take fresh flesh of a neck of beef, veal, or mutton, cut *two* or *three* thin slices, lay them on the red places, and change them often, or else they will stink : And in case you have no fresh flesh, you may take slices of stale, put them on the coals, and so apply them  
warm

warm to the redness. The next morning wash the face with fine rags dipt in the forementioned decoction.

When you find that those remedies do something mitigate the fiery colour of your face, and assuage the pimples, you may proceed to other medicines, that have vertue to repercuss the thin and subtle blood, and bind the skin that it may not be so apt to receive such noxious vapours, nor long retain them. Such are these that follow :

*Take* a pint of rose water, put it into a glasse, and steep therein camphire and sulphure finely powdred, of each one ounce, myrrhe and frankincense of each half an ounce, set it in the sun twelve or fifteen dayes. Often wash the face with water :

*Take* Brimstone one ounce, ceruse washed two drams, juyce of limmons half a pint, juyce of onyons two ounces, cuttle bones and camphire, of each one dram : pound what is to be pounded, and incorporate your pouders with your juyces ; anoint the face therewith going to bed, in the morning wash it off with the decoction of bran.

*Take*



*Take* the roots of the greater and lesser serpentary of each one *ounce*, bruisse them, & boile them with as much water of plantane, roses, water lillies and vinegar, as will suffice to bring them to a mash, then beat them in a mortar with oyle of roses two *ounces*, adding the finest poudre of burnt oyster shells one *dram and a half*, camfre one *scruple*, Venetian ceruse two *drams*, salt, powdred brimstone, of each one *dram*, juyce of citrons one *ounce*; make all these into a Liniment for your use.

*Take* litharge of gold, sulphure vive, of each half an *ounce*, powder and put them into a glasse with vinegar and rose-water; moisten a fine ragg in this water, apply it to the face all night, in the morning wash with bran and water.

*Take* sulphure vive one *ounce*, litharge and ceruse, of each half an *ounce*, powder and incorporate them with two *ounces* of fresh lard, well walht with the juyce of citrons, adding a little camphire, beat them sometime in a mortar, then keep it stopt in a glasse for your use. Or, boyle strong vinegar with bean and rose water, soak white raggs therein, and apply them to the face.

If your red pimples yield to none of these external remedies, you must have recourse to things more violent. Some use Vesicatories made of *Cantharides* and Soap mixt together. Others flea the *Epidermis*, or superficial skin of the face, with *aqua fortis*, and after skin it with other waters. But such medicines are too offensive to the face, by reason of inflammations, and greater redness that happen too often through such tampering. It were better, if necessity compels you, to apply sublimate and quicksilver, for they are much safer than Vesicatories, or *aqua fortis*, so they be prepared after that fashion which I shall here describe.

To prepare Quicksilver, chuse that which is most clear, white, and fluid; strein it through a sheepskin, it will cleanse it of all its dross, (the oftner you strein it, the purer 'twill be,) then boyle it in vinegar with sage, rosemary, tyme, camomile, melilot, then strein it again through a sheepskin, at last mortifie it with juyce of limmons or fasting spittle. Being thus prepared, it may with little danger be mixt with ointments, plaisters, or waters. Others steep quicksilver in strong vinegar and salt, for ten or twelve dayes, changing the  
the

the vinegar and salt every day, then they purifie it with the crum of hot white bread in an earthen pot three or four times, then they passe it nine or ten times thorow a sheepskin, and at last mortifie it with juice of limmons.

*Sublimate* is prepared divers ways, the most assured preparation for our purpose is this following. Take *Sublimate* four ounces, bray it in a mortar with a wooden pestle, till you make it so fine that it doe not grate betwixt your fingers, then moisten it with juice of limmons beating it all the while : then take quicksilver, prepared carefully as you were taught before, one ounce, worke it together with the sublimate in the mortar (wherein you should have first pounded half a dozen almonds, to make the mortar slippery and the sublimate more easy to powder) after this work them well together with a wooden pestle for the space of 3 or 4 days without ceasing, especially the first day taking no rest ; when you have beat it one whole day, adde one pound of the whitest Salt calcind, the next two days work and incorporate them together, so that of black or grey it may become white as snow, and if at 3 days end it be  
not

not sufficiently white, continue your trituration till it be so : when this is done put it into a pot well glazed, powre thereon a sufficient quantity of spring water, stir it about with a wooden Spattula, then cover it and let it settle till the water become clear, change the water three or four times for the foure first days : then stirre and change the water once a day for nine days following, setting it all the while in some shadie and moist place. When this is done and the water cleare, draw it off by inclination, and put the Sublimate in some vesse!l to dry in the Sun, stirring it up and down that it may dry the better, then keep it in a leaden pot.

The use of Quicksilver prepared as you were taught before is thus, Take lard often washt in vineger two ounces, prepared quick silver two drams, allum, sulphur vive of each half a dram beat them together in a leaden mortar and make them into an Unguent.

Take Lillie roots, roasted under the embers three ounces, pound and streine them, fresh butter and lard washt in vineger of each one ounce, sulphur vive three drams, juice of limmon six drams, common

mon salt half an ounce, camfre one scruple, work altogether and make it into an ointment.

The most efficacious remedies for this distemper are made of Sublimate, the best ways of using it are these. Take *Unguentum citrinum*, *pomatum* washt in juice of limmons of each one ounce, sublimate well prepared half an ounce, ceruse washt in rose water and borace, both finely powdred on a marble, of each two drams. camphre powdred half a dram, incorporate these together; then steep them 2 or 3 days in distil'd vinegar.

Take sublimate prepared half an ounce, burnt borace two drams, grinde them on a marble, after make them into little bals with the whites of eggs brought to a water, which upon occasion you may dissolve in rose water to wash the face.

But since Sublimate and Mercury though never so well prepared often injure the teeth and cause a stinking breath, it will be good when you apply them to the face, to take something that may withstand such inconveniences; as often as you use them, to wash the mouth with oile of sweet almonds, or else to keep a peece of gold in the mouth.

When

When you make any application of quicksilver or sublimate consider whether the face be grosse and corpulent, or leane and meager: if it be grosse you must mix them with such things as dry exceedingly as borace, ceruse, calcin'd tartar, *unguentum citrinum*; if it be lean, you must use them with oile of sweet almonds, pomatum, mucilage of gourd seeds &c.

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C H A P. II.

*How to free the face from freckles.*

**F**reckles are the product of *fuliginous* vapours, and like *smoke* usually molest those most that have the *fairest skins*: as if beauty jealous of being outvi'd by too cleare complexions, did bestow that yellow livery on others which she deserv'd to weare her selfe, The best means to remove such disfiguring spots are these.

Take Oile of tartar one *dram*, milke of the figtree, hony of each two *drams*, incorporate them well together, and bath the face therewith, Or take cummin seed  
beaten

beaten three ounces, salt two ounces, brimstone one ounce, put them in a marble mortar, and beat altogether with the juice of celandine and urine, make it into an ointment & wash the face therewith going to bed, in the morning wash with fair water.

Take roots of wild cucumbers, lillies, briony, borage, daffodill, dragonwort, of each one ounce, date stones, bitter almonds of each as much, white corall, meale of lupines and beans, chrystall, cuttle bone, nitre, sal gem, white marble burnt, sarco-colla of each two ounces, ceruse five ounces, beat all these into an exceeding fine powder, make them into little bals with the juice of limmons, and dry them in the Sunne; when you would use them, take one or two and mix them with Oxe or Sheeps gall, and so anoint the face, let it lye on three or foure hours, then wash it off with warme water.

Take what quantity you please of juice of limmons, put it into a glasse bottle, adde thereto fine sugar and borace pounded, set it in the Sun eight days, shake it well together once a day: after use it. Or fill a thick & strong glass bottle with rosemary flowers, bury it half a yeare in a dunghil, having stoppt it close; in that  
G. time

time the flowers will be turned to water, wash the face therewith, it is exceeding good against the freckles.

Take calcin'd tartar one pound, mastick one ounce, camphre half an ounce, incorporate them with the whites of eggs, and apply it where it is needfull.

Beat radish seed and dragon roots together, put them in *aqua vite*, and set them in the Sun eight days together, then distil them in a Limbeck, and you shall draw a water admirable against all spots in the face.

Boile litharge in white wine vinegar till half be consumed, then streine the vinegar, take a little thereof, mix it with an equall quantity of oile of tartar, it will be as white as milk; bath the freckles therewith.

Wash the face with sope and warme water, then moisten the freckles with oile of tartar, or oile of allum, continue this for some weeks.

Beate as much sandarack with hony as will make it pretty thick, apply it to the freckles, & keep it on so long till it scorch the skin: then dissolve *galbanum* with a little nitre in vinegar, and bath therewith. And when any of these medicines offend the



the skin wash it with warme water, or anoint with oile of roses, or oile of sweet almonds.

## C H A P. III.

*To whiten a tan'd visage and to keep  
the face from Sunburn.*

**A**Mber haired *Hyperion* spying faces to dawn with a world of dazeling features, that might rob him of his Persian votives, or withdraw the *Heliotrope* from its wonted homage; to secure his brightness from being eclips'd by such teeming beauties, clouds them in the shadie covertures of night, while he makes day to all the world beside: but to make your beams of beauty break through such sable curtaines take these prescriptions following.

White bryony water two *drams*, rose water one *ounce*, the white of one egge, oile of tartar two *drams*, verjuice one *ounce*, mix them and wash the face therewith, then dip a linnen cloth in it and lay it to the face all night.

Mix ceruse with oile of myrtle and  
G 2 white

white wine, bath the face therewith going to bed. Or take rose water two ounces, womans milke one ounce, pounded myrrhe two drams, the white of an egge, beate them together, going to bed wash the tann'd places with it.

Make pomatum with oile of sweet almonds, wax and camfre. Else take the roots of Sowbread, scrape them & presse out the juice, boile it to the consistence of hony, then use it to anoint the face. Or mix the powder of burnt cuttle bones with hony, apply it in forme of an unguent to the face.

To keep the face from Sunburn, you had best wash with water drawn from the whites of eggs, or juice of soure grapes; or annoint the visage with a liniment made of powdred Mastick, and oile omphacine. Or take goats suet well washed in cleare water, beat it in a mortar with rose water, strein it through a thick cloth, then take oile of sweet almonds one ounce, sugar candy two drams, camfre half a dram, boile them all together, stirring them continually that they may be white, when it hath boiled a pretty while put it into a glass for your use. If you goe abroad in the Sun or Wind anoint the face with  
it

it, and 'twill preserve your complexion.

Take pepper wort, roots of basill, serpentry the less of each three *ounces*, boile them in a quart of water, make a liniment to apply to the face for an houre; then take it off and wash with warme water, it is exceeding good to cleare the face from Sunburn. Briony roots boiled in oile; or cuttle bones burnt and mixt with hony, if they are applied have the same effects.

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#### CHAP. IV.

*To remove running Tettars, or spreading Pustules.*

**T**ettars, which some call Ringworms, are the noxious *vermine* that greatly damage beauties *paradise*, and crap its fairest *flowers*; defacing quite the *lillies* and *roses* that use to flourish, with a lovely grace, in the fruitful soile of a comely cheek. To secure your faces flowry *Elysium* from such wasteful insects:

Take vinegar of Squills two *ounces*, aloes powdred two *drams*, juyce of dock roots, oyle of tartar, of each half an *ounce*; in-

corporate them together in form of an oyntment, then apply it.

Make a Decoction of dock roots, mallows, fengreek in strong vinegar, and use it: then apply leeches; or make small scarifications, that some quantity of blood may issue forth; then anoint the place with the oyle of tartar, or apply dock roots steeped in vinegar.

Take sublimate prepared three grains, put it to half a pint of water, put it in a glasse into a boyling pot, till the sublimate dissolve: Keep the water as a choice experiment for any spreading tettar or pustule.

Take Tartar two drams, burnt allum three drams; powder and incorporate them with the whites of eggs for an ointment, Or, Take sulphur vive two drams and a half, nettle seed one dram, camfre half a dram, fresh butter two ounces, make an ointment, wash it in rose water, then use it.

Take plantane water two ounces, white vitriol two drams and a half, burnt allum one dram; mix them to bath your tetters or pimples withal. Or else, Take grains of paradise half a dram, cloves, gum tragaganth, ginger, of each half an ounce,

ounce, brimstone six drams ; reduce all to a fine powder, to be workt well together with lard, to make an ointment.

## CHAP. V.

*How to help the Complexion when it is marr'd with blue and congealed blood, or black and blue, proceeding from a stroak or bruise.*

**T**Here often happens an effusion of the blood betwixt the flesh and the skin, where it staves and is congeal'd, to the great disadvantage of the face : The cause of this distemper may be either *internal*, as corrupted blood in the body ; or *external*, as a cold, chilling air, stroak or fall.

If the cause be *internal*, powder rubarb, steep it some dayes in strong vinegar, and bath the face therewith : Or, *chew* in the morning fasting, cummin or mustard seed, or *calamus aromaticus*, and anoint the face with it. Turneps boyld in honey ; aloes mixt with honey ; or honey incorporated with the ashes of burnt  
G 4                      garlick

garlick, are exceeding good in this case.

When this blewness of the visage proceeds from cold, there is nothing better than to chafe the face often with the hand or a course cloth, or else, which is more effectual, you may use for a Fomentation *aqua vite* warm'd.

If after a fall or bruise, the face, or any other part remain blewish, it will be convenient to discusse the congeal'd blood, which may conveniently be done thus :

Take the roots of marsh mallows, of the great and lesser serpentary, of white lillies, wash them cleane, pound and boile them to a mash in rain water, mix it with the oile of tartar and dears suet, adding a little camphre and make it into the forme of an unguent.

Take the kernels of peaches pounded foure ounces, goard seed two drams, mix and pound them together, then presse out the juice or rather oile ; you shall find it exceeding good for any black and blew bruise.

Take yellow arsnick, *sal ammoniacum* one scruple and a half, mix them with the juice of coriander seed in quantity about  
three

three ounces, bathe the bruised places with it. *Aqua vite* heated and applyed to the bruise presently after the stroake with two sponges, changing them as fast as they cool, will take away all signes of the bruise.

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### CHAP. VI.

*To smooth the face disfigured  
with wrinckles.*

**T**H E smiling glories of beauties spring are often nipt with an early *autumne*; when sharp sith'd time cuts those flowry graces down, and shrouds them in the furrows of a wrinkled face. Now to make your verdant features flowrish in spight of envious time, or after their decay to smooth the face for a new plantation,

Take oile of bitter almonds two ounces, lilly roots finely powdred one ounce, make it into an ointment with the oile of roses and a little wax, and so apply it to the faces

Take oile of *S. Johns wort* one ounce,  
oile

oile of mirtle, quinces, water lillies, jessmine, mastick, of each half an ounce, melt all together in an earthen vessel, then take it from the fire, adding a convenient quantity of rose water, then let it cool and use it.

*Take* thin shavings of ivory, make a decoction thereof in water, streine it and keep the thickest, to mix with an equall part of incense and mouth glew, make it into an unguent, annoint the face therewith going to bed, in the morning wash with faire warme water.

Wash the wrinkled places with a decoction made with an equall quantity of bryony roots and figgs. Or take incense, the scum of silver of each half an ounce, white pepper an ounce, powder all apart, incorporate them with mouth glew, make them up into small balls, dissolve these in rose water & make a liniment for the face.

*Take* the juice of sweet almonds drawn without fire, hony, the roots of lillies, roasted under the embers and pounded, white wax washt with rose water, make it into the forme of a salve, soake a piece of linnen therein for a cerecloth, & make a mask of it to lay over the face going to bed.

Boile



Boile pomegranate pills in white wine and whey, till the wine be consumed and the whole remain like a liniment. Or dry in the Sun wild cucumber & bryony roots, powder them and often wash the face with the powder steeped in wine, afterward wash with cold water.

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## CHAP. VII.

*How to cure chaps in the Face.*

**W**Hen the injurious *violence* of wind or weather hath rent your silken Skins, if you intend to unite the separating parts, you will find these your serviceable *cements*.

Take Staggs suet and Goats suet of of each half an ounce, burnt borace two drams, new wax half an ounce, oile of roses two drams, make it into an ointment and use it. Or else take Capons grease and camfre, mix them and anoint the chaps therewith every night, in the morning wash with bran and water. Some dissolve mouth glew in warme rose water, and anoint the face therewith.

Disill'd

Distil'd oile of turpentine is very good; so is fresh butter, if you take three ounces of it, and mix it with the mucilage of gum tragacanth, of fleawort seeds, and of quince seeds, of each an ounce and a half, and so make it into the fashion of an ointment for your use.

Take kids suet one ounce, oile of the whites of eggs, of sweet almonds, and of preit henbane seeds of each half an ounce, goose and hens fat of each as much, litharge of silver prepared, washt ceruse, prepared tuttie, red lead of each one dram, saffron one scruple, camfre halfe a scruple, mix them and with a sufficient quantity of white wax make it into an ointment.

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## CHAP. VIII.

*Remedies for the Face when it is  
Burnt or Scalded.*

**I**F the face that Magazin of Beauty be surprized by catching flames and blown up into blisters, your securest way will be to allay the fury of that offensive element, thus

*Take*

Take lead burnt and washt two ounces, Goats suet, white wax, of each one ounce and a half; turpentine six drams, prepared lapis calaminaris, washt ceruse; of each two drams, mirrhe, mastick, olibanum, of each one dram, aloes epat. camphre, nitre of each half a dram; mix them and make a plaister.

To draw out the fire and take away the inflammation take the whites of two eggs, oile of roses and rose water of each two ounces, work them together and then apply them. Or take two raw onions, salt, Venice sope, bole armenick, of each an ounce, beat them together in a mortar, adding by degrees as much oile of roses as as will suffice to make it into an ointment.

To hinder the rising of blisters and take away paine, you may use this, Hens dung, the whitest and freshest you can get three ounces, fresh butter six ounces, sage leaves one handfull, plantaine leaves two handfulls fry them a while over the fire, and annoint the affected part therewith several times a day.

Or else you may take old lard, melt it with rose water, then streine it through a clean cloth, when it is cold wash it 6 or 7 times

times in plantane water, and to half a pound of this lard, add the yelks of 4 eggs; if the paine be vehement, you may mix a dram of opium with it.

In case the ulcer be sordid and purulent, make application of this; Take the inner rind of green elder, oile of roses of each half a pound, boile them with a gentle fire, strein them and adde oile of the yelks of eggs two ounces, frankincense two drams, tuttie one dram, wax enough to make it into an ointment.

To make the cicatrice smooth and faire, wash the ulcer after it is sufficiently cleas'd with plantaine water having first dissolv'd therein a little allum, being washt, strew thereon some metallique powder, either of tuttie, ceruse, litharge burnt and washt.

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## C H A P. IX.

*To beautifie the Face howsoever  
disfigured.*

**T**His chapter Ladies, makes you a present of universall remedies, that will fortifie your faces against any distemper, and

and in spite of al the maladies that beauty is subject too, make them matchlesse : the only inconvenience that I feare from them is, that some of ye when ye look in your glasse, may fall in love with your own shadows, and so linger away Martyrs to your selves.

The oile or water of Talque applyed to the face makes it as white as alabaster. The manner of preparing it is this, *Take* talque, the most tender & transparent you can get, what quantity you please, slit it into thin slices, put them into a glasse viol for the space of ten or twelve days, with the juice of limmons, during the frost in winter; make a bag of the thickest cloth you can procure, put the former steeped Talque into the bag, with the hardest river flints, let the bag when close tyed be rubbed together by two men, till the talque be exceeding finely powdred, then take it out and put it into a earthen pot that is not glaz'd, with a narrow mouth, stop the vessel and biud it well about with strong wire, then put it into a *reverberatory* for the space of 12 houres, then take it from the fire by degrees, when it is cool powder it with as much speed as you can (least it draw and take in the aire,) on a marble

marble, then put it into a bag, with a hook at bottome whereon to hang a vessel to receive the liquor, then hang the bag with such a vessel in a deep well, about a fathome from the water, for the space of 30 or 40 days, until the humidity begins to drop: then take it up and put it in some moist place where neither aire nor wind comes, leave it hanging til all the moisture be dreind away, the liquor which you receive is the water of Talque: by the same meanes you may make oile of Talque, if you put that which remains in the bag into a Retort giving fire to it by degrees till you draw all the oile forth: this is the most usuall and experienc't way of preparing water or oile of Talque. Others prescribe this method,

*Take* of the best talque what quantity you please, slice it into thin leaves, then calcine it thus, take sulphur finely powdred, make one strewing of it in a crucible, then put a laying of talque, after cover it with more sulphur, using this method till you have put in what quantity you please, and remembering there be more talque then sulphur, and that it be alwaies in the middle of the sulphur; cover the crucible, lute it  
*well*

well, and bind it about with wyre, set the crucible in a strong fire, for six hours, afterward pound it and passe it through a searce, then wash it well in hot water, till the water be fresh, then pour of the water by inclination and leave the Talque to dry; when it is dry put it again into a crucible, and put it to the fire for other twelve hours. Next, *Take one pound* of this Talque, *sal armoniack two ounces*, poulder them carefully together, put them in a moist place, and leave them there till they dissolve into a water; when it is dissolved, separate the two waters by a gentle inclination. taking heed you do not mix the waters. The water which is clear and uppermost is the water of sal armoniack; that which is at bottom, is the water of Talque, which is as white as pearl, filtre it and keep it carefully in a glass; it makes the face as white as snow, and may be used by a Princess.

*Take* sweet almonds blanchèd, four pound; sandarach, mastick, ceruse, sulphur vive, of each two ounces, gum tragaganth one ounce; whites of eggs three ounces; beat them together, and leave them to macerate seven or eight dayes, beating them together once a day, then

H

heat

heat them till they begin to smoke, after press them, and you shall have an oyle excellent good to beautifie the face. Or else going to bed chew five or six peel'd almonds, then put them in a linnen cloth and bath the face therewith. Or, Take oyle of tartar, mingle it with distilled vinegar in the palm of the hand, adding a little camphre, and use it to bath the face.

● Dissolve in fair water Ceruse one pound, strein it through a thick cloth, leave that which is streined in a vessel one night till the Ceruse be sedled to the bottom; pour off the water, and dry the Ceruse in the Sun, covering it with a cloth that it loose not its whiteness; when it is dry, adde thereto a like quantity of starch and gum dragant: keep the mixture, and when you would use it, mix it with a little Womans or Asses milk, wash your face therewith going to bed; in the morning wash with water wherein wheat flower hath been boiled; continue this twelve or fifteen dayes. Ceruse, since it is so excellent to whiten and clear the face, and seeing there are sundry sorts of it, I will here give a direction or two for their severall preparations.

Ceruse



Ceruse of Wheat is made thus : Take what quantity you please of the finest french Wheat, steep it in fair water five or six dayes till it burst, then strein it and beat it a little ; then strein it again in other cleane water, then strein it again thorough a cloth; when it has stood a little, and the water is something clear, pour off that water and pour on another, beat it together a long time, strein the juyce into more water, then set it in the Sun till the water be clear, then pour off the water gently, and to the sediment which remains in the bottom adde more water ; do this, continuing the change of water morning and evening, for six dayes together, keeping the vessel continually covered, and in the day time setting it in the Sun ; on the seventh day pour off the water by a gentle inclination, setting that which remains in the bottom to dry in the Sun ; after it is dryed, powder it finely and keep it close stopt in a glass. This Ceruse is of singular vertue to whiten, clear, and polish the skin ; Take then one ounce of this Ceruse, white Corral and Borace, of each half a dram ; Nitre one scruple ; reduce them all to a very fine powder, and when you would use it, dis-

solve one part thereof in rosewater with camphre and musk; bath your face with it going to bed, in the morning wash with water and the crum of white bread.

The Ceruse of the roots of either of the Serpentaries, is thus prepared; Take the roots in *July* or *August*, slit them into little round slices, put them on a string some distance one from the other, and so dry them in the Sun, after powder them as fine as possible, then sift the powder and mingle it with fair water, strein it through a fine cloth so often, till the whole substance of the root pass through the streiner; then set the thickned water in the Sun ten or twelve dayes, in which time you are to let it stand cover'd twelve hours without meddling with it, that the root may settle to the bottom; then pour the water off gently and put in clear, stirring it up and down that the water and the powder of the root may mix together; change the water after the same manner twice a day, during the said ten dayes, at last pour off the water without putting in more, and leave the Ceruse to dry in the Sun; when it is dry, powder and incorporate it with rosewater (camphorated and sented with musk) as much

as will suffice to make it into small balls, which you must dry in the Sun and keep in a glass vessel. When you would use them, dissolve them in rosewater to wash your face withal at night, the next morning wash with water of Lillies. This Ceruse is exceeding good to take away all stains, spots and freckles from the face. After the same manner is made the Ceruse of the roots of Briony, wild Cucumers, Water-lillies. Thus much concerning the preparation of Ceruses.

Take lycharge of silver and gold of each one *dram*, put them into strong white Wine vinegar, adding camfre and allum of each half a *scruple*, musk and cloves to scent the Composition; boyle all in a little vinegar, then filtre and keep it; then boyle a little rock allum in water, keep it a part; for your use mingle these two waters together, and bath the face, neck, or breasts.

Take Camfre one *dram*, allum, borace two *drams*, oyle of tartar one *ounce*; all being finely poudred, boyle them in two *quarts* of rosewater, strein and keep it; 'Tis excellent to whiten the face, neck, or breasts.

Take bitter Almonds peeled one pound and a half, the whites of thirty eggs with their shells, the tender branch of a fig-tree cut into small bits, incorporate them together, and distil them in a glass alem-bick over a gentle fire; adde to the water which you draw, sugar candy, borace, and camphre, of each one ounce, olibanum two ounces; pounded all small, then still them again; and preserve the water that you draw, as a secret to beautifie either the face or breasts.

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## CHAP. X.

*How to fasten the Hair, and keep it from falling off.*

**H**Air (Ladies) is the silken fringe to Beauties bed; or if you will, the slender sleeves that nature spins for Cupid, thereof to weave his heart-surprising nets; if once it fails, that amorous god looses a considerable part of his artillery, and after never acts but weakly for ye: So that it concerns ye, who triumph over intangled Captives, to tender its preservation.

servation. You may keep that you already have, a fast Friend to you, thus :

*Take* myrtle berries, gals, emblick myrobalans, of each a *like quantity* boil them in oyle of roses. It is a Receipt as old as *Galen*, but as good as most, if it doth not succeed, use the next.

*Take* myrrhe, pine bark, myrtle leaves, maiden hair, pound them together very well, then adde a double quantity of *labdanum* pounded; put all into white Wine and oyle of Radish seed, anoint the head very well with it going to bed; next morning wash it with this bath: Sorrel leaves, maiden hair, emblick myrobalans, boyle them in water, and adde a little pounded myrrhe; it very much fastens the hair. Or else, *Take* the leaves of Willow, Plantane, rock Allum, boyle them in water, adding a little poudred Tutty and Myrrhe: make a bath and wash therewith.

*Take* the juyce of the youngest Myrtle leaves two ounces, juyce of wild Olives four ounces, red Roses dryed two ounces, Roman Wormwood two drams, boyle all these in a quart of white Wine till half be consumed, then strein it, and adde a

little powdered labdanum and use it to wash the head.

The golden water drawn from hony in a glasse still is much commended. Or take the leaves and roots of vervaine, put them into oile of green grapes, set them in the sun many daies, then streine it and keep it for your use.

Take an equall quantity of labdanum, wormwood, juniper berries, nigella seeds, vervaine, bind them up in a linnen cloth and macerate them five daies in oile, there is nothing better to fasten the haire; or to make haire grow.

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## CHAP. XI.

*Remedies for the want of haire, how to make it grow on any bald place, or there where it never came before.*

**I**F some disaſter, Ladies, have trod too hard on your heads, & kild thoſe pleaſant plants that uſe to flouriſh there; you may againe attire them with their native beauty and repaire all former ruines thus,

*Take*

Take marsh mallow seed, boile it in salliet oile 'til it become thick, with this oile anoint the head 6 or 7 times in an houre going to bed; when that is done take what quantitie you please of the same seed, boile it wel with water and wash the head therewith; it makes the haire come exceeding thick, the same effects hath this which follows,

Boile in white wine oile of massick tree, mirtle and labdanum of each two ounces, maiden haire macerated two days in the same wine four ounces, set them over the fire til the wine be evaporated, after apply it as an ointment to the head.

*Nigella romana* burnt & incorporated with hony; Bees and Wasps burnt and incorporated with oile; gals and the ashes of hasel nuts mixt with hony; the kernels of peaches pounded and boiled in vinegar; the cinders of cantharides, southernwhod, maidenhaire, lilly roots, mixt with bears greace are exceeding good for those that have but thin haire.

Take Euphorbium, laurell berries, rocket seed of each two drams, sulphur vive, white hellebore burnt of each halfe a scruple, make a linement with wax dissolved

solv'd in oile of laurel ; if applyed it will soon supply you with haire.

If you would cause haire to grow on any bald place, do thus; Pound elme roots, boile them in water til there remaine a slimy scum on top, gather that for your use ; then rub the bald place with a cloth til it look red, and after anoint it with that scum.

Or take pumice stone beaten exceeding fine, rub the skin therewith so long as you can endure it, then bath it with vinegar, mixt with an equall quantity of nitre, sal armoniack, sulphur vive; your own experience will approve it.

Take barley bread and salt, role them up in parchment, burne them in a crucible and reduce them to a powder, which make into an ointment with bears grease. It is a secret of nature. Or take cantharides, fling away the head and feet, rub them on the bald place and so leave them, blisters will rise first and then haire,

CHAP.



## C H A P. XII.

*How to take away haire and keep  
it from growing againe.*

**W**Hen the Lillies and Roses of your Faces Elysium, are oretopt by the hattie growth of superfluous excrescencies, you may secure the glorious hue of your beauties pride, and eradicate those aspiring weeds that disturb you, by taking

Quicke lime four ounces, auripigmentum one ounce and a half, Florentine iris root one ounce, sulphur, nitre, of each half an ounce, lye made with the ashes of bean stalks one quart; mix all together and boile it so long in a glaz'd earthen pot till putting a pen therein all the feathers peel off, then add half an ounce of the oile of spike or any other perfume; and from what part of the body soever you are minded to take away the haire, anoint it with this unguent and in a quarter of an hour you shall find the effects; but remember when the haire fells away to anoint with oile of roses.

*Take*

Take Orpiment and quick lime of each an *ounce* and a *half*, the seeds of fleawort and henbane of each half an *ounce*, sublimatè two *drams*, ivie gum one *dram* and a *half*, opium one *scruple*, pound all small and steep them in as much common lye as may cover them four fingers, then boile them as the former.

Take quick lime half a *pound*, steep it in common lye or urine, adde to it half an *ounce* of orpiment, boile it to the consistence of a sirrup. As for the use of the foregoing medicines, you are to foment the place with warme water a little before you apply them; a quarter of an hour after wash with hot water, and when the haire is taken away anoint the place with some cooling oile as *oleum rosar*, oile of henbane, the ointment of *Rhasis* camphorated.

After that the haire is taken from any part, if you would keep it from growing againe, take the gall of a Hedghog, the shels of muscle shels burnt, mix them with bats blood and use it as an ointment. Or else bats blood, the juice of ivy and radish roots, goats gall, mix and use them, or take opium and henbane finely beaten, mix them with vinegar so anoint therewith

with ; any of these will keep the haire from ever growing : the same effects have these following.

*Take* the blood of Frogs, *terra sigillata*, sumach, roses of each as much as shall be sufficient, beat them together and steep them in the juice of nightshade for four & twenty hours, then distil them & wash with the water the depilated places.

*Take* ivie gum, emmets eggs, orpiment, colophonie of each one ounce, leeches burnt half an ounce; grind and mingle them with frogs blood and make an ointment.

*Take* juice of henbane, *sanguis draconis*, gum arab. frankincense of each three drams, juice of nightshade as much as will suffice to make it into an ointment.

## CHAP. XIII.

*How to make the haire Curle.*

**T**Wining curls are now much the mode, and none thought paragons for Beauty, save those whose gracefull locks do reach the breasts and make Spectators

Statōrs think those ivory globes of *Venus* are upheld by the freindly aid of their crispe twirls. If any affect the fashion they may serve themselves with these directions so advantagiously, that none shall desire to be free that may have the glory to be fetter'd with their curled haire.

Take gall nurts, filings of steel, cypresse leaves, quince seeds as much as you please; quick lime half as much as either of the first, steep them in water wherein rye hath been boiled, let it stand one day, then boile it to the thicknes of hony, anoint the haire therewith and curle it up going to bed.

Boile salt in water, gather the scum thereof & mix it with myrrhe, it is marvelous in curling the haire.

Some to make their haire curle wind it up going to bed upon a hot Tabacco pipe or iron. Others dissolve gum arabick or mouth glew in water, moistning the haire, with it, afterward they let it dry. Some instead thereof use the white of an egge or else beare or ale. But to give you farther & better directions, first rub the haire well with lye or urine, that so it may be washt very clean: then take 20 oak gals, maiden haire two ounces, and as much salt water

water boiled to the consistence of hony, worke them all well together, and for two days anoint the haire therewith, on the third wash it with this following Bath.

Boile firn roots, beet leaves of each a like quantity so long in water, till a third part of the water be consum'd, then take it from the fire, put in a little gum arabick and when it is cool use it.

Take oile of fenugreek, oile of white henbane, mix therewith mirrh and gum arabick, and use it for an ointment. Or take beets and mirtle a like quantity, dry them in the shade, powder them, then mingle one ounce of the powder with two ounces of oile olive, and use it as the other.

Take mallow roots, seeds of flax and psyllium, boile them a long time together, strein it and wash the haire therewith. Or make lye with oake ashes, boile therein nutgals, roots of dane wort, maiden haire, afterwards dissolve therein a little litcharge, bole armeniake, gum dragant, wash the haire with it, when it is dried in, anoint with oile of mirtle.

## C H A P. XIV.

*To make the Haire Lank  
and flag.*

**T**HE bushie Forrest of the head is sometimes *labarinth'd* with mazing and rude *meanders*; while the locks themselves retreat in such recoiling twirls, as if they took the breasts for a paire of snowie mountaines, and were afraid their tender tops should touch them: they may be forc'd to extend themselves to a pleasing length if you follow these prescriptions.

Take oile of lillies, oile of roses, of each one *ounce*, oile of violets two *ounces*, green marsh mallows finely beaten three *ounces*: boile them altogether, anoint the haire thoroughly therewith, combing it afterward very well.

Take borage, mallows, beat them small and work them well together with common oile, let them stand together in a warme place a day & a night; next morning put them in an alimbeck, & distil them  
ore

ore a gentle fire the water that you draw from them, keeps the haire from frising and makes it flax and smooth,

*Take* oile of roses four ounces, worke it well together in a great bottle with an equall quantity of faire spring water, then anoint the haire, twice a day therewith.

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## CHAP. XV.

### *To lengthen the Haire.*

**H**Aire though an excrement, is yet carefully cherisht as a plant of value: for most fancye it to be the microcosmical *flax* whereof *Cupid* twists his *bow-strings*. To see it (I confesse) in the female sex, of a more then usual length is a pleasing spectacle, and if therebe any Lady that desire it, she may by these means effect her wishes.

Use first this unguent, *take* a wild gourd, hollow it within, fill it with oile of laurel, orpiment, henbane leaves, boile it over the fire and anoint therewith: then use once a week this bath following.

I

*Take*

*Take* agrimony, elm bark, vervaine, boile all in a sufficient quantity of water, till the third part of the water be consum'd and wash therewith while it is warme.

*Take* the hardest and stiffest hony, boile it for some while over the fire, into three pound of this hony, while it is over the fire, breake 20 eggs, take them out when they are hard and put in so many more; at last take onely the yolks of the eggs and beat them with the hony into a past, then put them into an alembick, and with a gentle heat, draw from thence a liquor to wash the haire withall, if you would increase its length.

*Take* lavender, white saunders, cardamoms, costus of each one ounce, in the spring time steep all these for 24 houres in a pint and a half of the best white wine, then set it on the fire that you may receive the vapour of the decoction up into the haire, afterward wash the head with it.

*Take* old white lard three pound, mince and beat it small till it come to a past, then distill it in a limbeck, and keep the water that arises from it to anoint the haire; it will make the hair of a faire length & soft.

*Take*



*Take* willow peel, wormwood and southernwood, dried roses of each two ounces steep them in a quart of faire water for a night or two, then set it over the fire till a third part of the water be evaporated, keep it and often wash the haire with it.

*Take* the ashes of maidenhaire, politrik, reed roots, flax seed; make a lye of all these ashes, wherein dissolve a little myrrhe, adding thereto a third part of whitewine and then use it.

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## C H A P. XVI.

*To soften the Haire when too harsh  
and stiffe.*

**T**HE Haire on some hangs like thatch on a country Cottage, and serves more for use then ornament; to secure them from the impetuous injuries of wind and weather, rather then with its soft and tender sleeves, to delight admiring eyes. Such stiff *bristles* are usual attendants to churlish *Corydons*, who are represented by nothing better then the parallel  
1 2 emblem

emblem of surly *swine*. Those then who desire a more graceful covering, and and would alter the harsh conceit that others are apt to entertaine of their *hoggish* natures, may to their great advantage use these directions.

Take the roots of galingale, fig leaves, camomile, melilot, mirtle berries what quantity you please, make thereof a decoction wherein dissolve salt nitre, and rock allum of each two *drams* adding the like quantity of pumice stones and cuttle bones; set all over a gentle fire, and while it is warme, bath the head therewith before the fire or else in the Sun.

Take the roots of white and black hel-lebore, briony, birthwort round and long, wake Robin, dry, and then powder them, afterward rub the haire well therewith. Or else make a lye of vine twig ashes, wherein boile the meale of beans, vetches, barley and lupines, streine the lye and adde thereto a little white wine; then use it.

Take Emets eggs, henbane seed, rock allum, *psyllium* and *opium*, of each a like quantity, boile them in distilled water of vinegar, bathe the haire wel therewith, when you have done this, make this powder

pouder, Take salt Nitre, four ounces, Pumice stone poudred two ounces, Lilly roots and Cuttle bone, of each two drams; beat them all very fine and rub the hair with it. After you have done this, use again the former Decoction.

Take white Saunders and Rhodium, of each two ounces, Myrrhe and white Amber, of each two drams, Gentian roots one dram; pouder these, and use it: If it be for any person of quality, you may adde two or three grains of Musk. This Pouder is excellent good for the hair.

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CHAP. XVII.

*Remedies for the Hair when it splits.*

**V**When Nature hath spun the slender hair to its utmost length, if it be not carefully kept, 'twill be fray'd and ravel'd at ends by sundry accidents, which seem to envy that work they cannot better. Your best provision against such injuries, are these;

1 3

When

When you go to bed, *Take* Oyle and Water a *like quantity*, put them into a bottle and incorporate them well together, anoint the hair well with it going to bed, next morning wash it with this following; *Take* marsh mallows, fleabane, willow bark, boyle them in spring water, and use it to wash the head. This will keep the hair from splitting, but if it be split already, you must use this :

*Take* Myrtle and Willow leaves of each two ounces, poudred labdanum six scruples, emblick myrobalans poudred half a dram, oyle of Myrtle four ounces, white wine two ounces; boyle all these over a gentle fire to a consumption of the *third part*, then use it to anoint the extremities of the hair therewith.

*Take* the juyce of Willow leaves and Myrtle leaves, of each one ounce, boyle and evaporate *half* a way, after adde poudred labdanum one ounce, then mix all with oyle of myrtle; keep it for your hair.

C H A P. XVIII.

*To make the Hair of what colour you please.*

**Y**ellow Hair was much in request among the antients, whence the Poet *Forma placet nivensque color flavique capilli.* Yet now this colour is loaded with obloquies; for 'tis a fancy generally received, that the locks can never sparkle with golden flames without, except there be some cherishing heat of lust within: so that of late Black is more the fashion, being lookt upon as a quality congregating not the sight only, but hearts and affections too.

*To make the Hair yellow.*

If any Lady be in love with this colour, she may order her hair thus; Take shavings of Box, stechas, cedar, liquorice roots scraped and bruised, coltsfoot roots, maiden hair, of each two ounces, and a little saffron; set all these over the fire till two parts of the water be consumed,

then strein it, and wash the hair therewith.

Or, Take rock Allum, Sandarach, of each three ounces, Saffron one ounce, Madder four ounces, Vine twigge ashes two drams; beat the ashes very small with the Madder, boyle the mixture in water till half be consumed, then take it from the fire and strein it; afterward adde the Saffron, Sandarach, and Allum: keep it close in a bottle; when you would use it, first comb the hair very well, then take a sponge and bath it with this Composition. When it is dry, wash it with water where in Fengreek, Barly, Cumin and Soap have been boyled.

Make Lye with the ashes of Ivy bark, wherein boyle over a gentle fire Madder roots, Gentian, Celendine, shaving of Box, yellow Saunders, Liquorice cleansed from its outward bark, of each one ounce, Orange pee'le, and the inner rinde of Barberry tree, of each half an ounce, green Lupines pounded two ounces, Broom flowers, yellow Stœchas, moth Mullein a sufficient quantity of each; bath the hair with a sponge dipt in this Decoction, then dry it gently in with warm cloaths evening and morning: use like.

likewise a Combe steeped in this Decocti-  
on, it gives a graceful colour to young  
peoples hair.

*Take* the first buds of the black Poplar,  
pound them with fresh butter, set them  
in the Sun for *five* days, then strein them  
and presse out the butter, wash it with  
lye made of the ashes of Box tree, then  
use it to anoint the hair.

*To make the Hair or Beard black,  
though before grey.*

The hair, either of head or beard, will  
be as black as Jet, if you *Take* the shells  
of green Walnuts, bark of Oak roots, of  
each three ounces, the oldest and deepest  
coloured red Wine, eight ounces; boyle  
them to the consumption of *half*, then  
strein the juyce and press it hard; where-  
unto adde one pound and a half of oyle of  
Myrtle, set in six dayes in the Sun in a  
leaden Mortar, and stir it with a leaden  
Pestle, then use it.

*Take* burnt Lead three ounces, Nutgals,  
Walnut shells, of each four ounces, terra  
sigillata the like quantity, Roman vitriol  
six ounces, sal gem. one ounce and a half,  
Nutmegs, Cloves, of each one ounce, sal  
amoniack,

amoniack, aloes, of each half an ounce; pouder and steep them three dayes in sharp vinegar, then distil it in an Alembick, and afterward keep it for use.

Take quick Lime one ounce, of both the litharges half an ounce; make a mass with the Decoction of Nutgalls and Walnut shells; oyle of Camomile two ounces. Or, Take litharge of gold two ounces, ashes of calcined Tarrar half an ounce, quick Lime an ounce and a half; dissolve all in mans urine, till it come to be as thick as an ointment, then use it for the hair.

Take Privet and Vitriol, what quantity you please, put them in oyl & set it over the fire till it begin to boyle, anoint the hair therewith, having a care that it doth not touch the skin, for 'twill make it very black. Dogs urine kept in glasse four or five dayes, if you anoint your hair therewith, will dye it of dark black colour.

Take Litharge of Silver, quick Lime, burnt Lead, crude Antimony, of each one ounce; pound and infuse them in the distilled water of Walnuts. Or, Take Sulphur, Vitriol, Nutgalls, quick Lime, Litharge, of each two drams; pouder them fine, and incorporate them with running water



water to make a mass, wherewith rub the hair going to bed, in the morning wash it off with warm water and white wine.

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## CHAP. XIX.

*How to cleanse the Hair of Scurffe  
or Dandruffe.*

**D**andruffe or Scurffe is a mealy dust, that over-clouds the hair of the Head, Brows, and Beard: It proceeds from corrupted serous humors, which by reason of their acrimony, corrode the cuticle from the subjacent skin, and fret it into little pieces like bran. Those who are subject to this distemper, if they would ease themselves, must use this method.

If the body abound with ill humors, first purge it with some convenient medicine. afterward wash the head, or other part affected, with this Lye; *Take* the ashes of the roots of Beets and Coleworts, make a lixivium therewith, wherein boyl Lupins and Beans, a *sufficient* quantity; then strain the Decoction, and add

a *sixth part* of Honey. When the Head hath been well washt with this, dry it carefully with a warm course cloth, then anoint it with this Unguent :

Take bitter Almonds lightly heated in an oven, old Walnuts, of each six ounces, Sulphur half an ounce, Vitriol two drams, Honey of Squills two ounces, the dregs of old Wine three ounces ; make it into a Liniment for your use with red Wax.

Take the ashes of Figtree, boyl them in water and vinegar till the *third part* be consumed ; then adde Lupines and Beans, boyle them again till a *third part* be consumed, take it from the fire, strein and use it. Or boyle the roots of wild Cucumers in vinegar, to the consistence of honey, anoint the Head with it all over.

Take Ox gall and salt, temper them with the joyce of Beets, anoint therewith two or three dayes ; Then wash with this following Lye : Take the strongest vinegar and fair water, two pound ; set it over the fire, and when it begins to boyle, put in a little Salt and flowers of Camomile, wash the head often therewith.

Take

Take oyle of Rue one pound, Sope one ounce, Salt finely beaten half an ounce ; work them together into one mass ; then wash with this following :

Boyle Beets, Fengreek, Briony roots, Bean meale, in fair spring water, set all together over the fire till *half* be boyled away ; then take it off, and when it is coole use it to bath the head withal.

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## CHAP. XX.

*How to beautifie the Forehead.*

**T**HE Forehead is the Ivory throne where Beauty sits in state, it must therefore be *smooth*, and raised to a decent height ; for if it be too low, 'tis much beneath the grandure of her commanding majesty ; and if furrowed with *wrinkles*, it will put her too much in mind of humane frailty, to let her take a pleasing recreation there.

To make the Forehead *high*, eradicate the hairs which inroach too much upon its bounds, thus, Take as much Mastick as you shall have occasion to use, steep it in  
warm

warm water till it be so soft, that you can spread it upon a fillet, then bind that fillet to the Forehead all night, and in the morning twitch it off. So you may take hair from any part of the body. And when they are thus pul'd away, that they grow not again, use these medicines :

*Take a pretty quantity* of Henbane seed, wrap it in a Colewort leafe, and roast it under the cinders ; then beat it in a mortar and press out the liquor ; adde to it a little Orpiment poudred, and make thereof a Liniment to apply to the part.

Or else, *Take* the gall of an Ele, mix it with oyle of Roses, or the blood of a Bat, and use it. Or, *Take* quick Lime, Lizards dung, boyl them in an *equal quantity* of vinegar and oyle of Henbane, till the vinegar be consumed, make it into an Unguent for your use.

To *smooth* and pollish the Forehead when it is wrinkled, *Take* the shavings of Hartshorn, boyl them in water till there come a kind of oylinefs on top, with the scum of the water, and Bean meal, make a paste, which you must make into small balls. Keep the water wherein you did boyl the Hartshorn, and when you have  
occasion

occasion to use it, dissolve so many little balls in a *small* quantity of the water, as will make it into the thickness of a Cear-cloth; apply it to the Forehead all night, and in the morning when you take it off, wash with warm water. Use this method often.

Or else, Take your whitest Mutton suet, wash it half a score times in cold water, mix it with the froth of whites of eggs made in a mortar, beating them together with a Pestle and a little butter; then add a little Mastick and Frankincense beaten to powder, and anoint the face often therewith.

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## CHAP. XXI.

*How to beautifie, and adorne the  
Brows.*

**T**He two Brows are Cupids groves of pleasure, where he shelters himself from the too violent *beat* of the inflaming eyes. Or rather as a controuling Intelligence made superintendant to the Chrystial Spheres below him, he keeps his residence

fidence there, that he might with the more facility direct their beamy *influencies*, when and whither he pleases. You may, Ladies, by these means make them beautiful.

If the hairs on the *brows* grow too thick, or irregular, you may pull them up by the roote with a pair of mullets, and afterward use those means which we have formerly described to keep the hair from growing.

If the *brows* themselves fall too low over the eyes, You must work a little Mastick together with the joyce of Coleworts; and going to bed, put the *brow* up into its place, and apply the Mastick to it all night in form of a Plaister.

When the hair sheds from the *brows*, the use of those things is good which we have already given you to fasten the hair. Or else, Take the small filings of Lead, and incorporate them with Goose grease to anoint the *brows* withal. Or if ye please, Take black Henbane seed two *drams*, Maiden hair one *dram*, *unguentum irinum* three *spoonfuls*, bruise what is to be bruised, afterward make it up with oyle into the form of an Unguent to anoint the *brows* withal, after you have first  
bathed

bathed them with water wherein Myrtle berries have been boyled.

The hair that is fallen from the *brows*, may be made to come again, if you burn Bees or Wasps, and mix them with Honey; but have a care you touch no other place, for wheresoever it lights, it makes the hair grow.

If the *Eyebrows* are of a reddish or white colour, you may make them of a lovely black by these means:

Take red Filberds, what quantity you please, calcine them thoroughly in an earthen vessel, or crucible, work them together with Goats grease, anoint the hair therewith, and if it foul the skin, wash it off with warm water: This will make the *brows* very black. The same effect hath this which follows:

Take Maiden hair poudred one ounce, Labdanum two ounces; beat them well together with Bears grease, and rub the *brows* therewith. Many use black Lead only to rub the *brows* withal, and if ye do it without soyling the skin, 'twill give them a very pleasing dark colour.

## CHAP. XXII.

*Remedies for Inflammation, Bloodshot,  
or Spots in the Eyes, and yellow-  
ness of the Eye-lids.*

**S**parkling eyes are the *starry* jewels of a *Heavenly* face, which with their active influence, and amorous motions rule the restless fate of every Lover: When once those twinkling twins make break of day through their inclosing lids, their piercing beams of glory amuze spectators, and make them pay a tributary devotion to those Chrystal Orbs from whence they flow. The beauty of the eyes is much impaired by *inflammation, bloodshot, duskie spots*, which much eclipse and cloud their splendour. Such vices may thus be remedied:

If the eyes be *inflamed*, you are first to begin with a good dyet, and never eat or drink any thing that may send fumes to the head; then you must be careful either to evacuate or divert that humour which causeth the malady, by purging, blood-letting, drawing blisters in the neck, In the next place, apply them that may



may alter and digest the humour, if it be *bot.* it is to be done with cold things; as Endive, Purslaine, Nightshade, Rosewater, Womans milk. \* If it be a *cold rhume* that falls into the eye, boyle Laurel leaves in white Wine, bind them in form of a Plaister to the eye, or make a Pultice of Celondine with white Wine, apply it to the eye, it both easeth the pain, and takes away inflammation. Or, Take Rue and Fennel roots, beat them well in a mortar; then boyle them in white Wine and bath the eyes with the Decoction.

If the pain and pricking be extream, Take the white of an egge, beat it together with some Poppy water. You may make a very good Plaister for all inflammations thus, Take an equal quantity of Saffron, Myrrhe, Opium, gum Arabick; poulder and dissolve them in Rosewater, make a Plaister and dry it, and when you have occasion, soften it with Rosewater or the white of an Egge.

When the *pupil* or *sight* of the eye is covered with any spot, after you have purged the body, bath the eyes with Liquor pressed from Sowes or Wood lice, being bruised in a mortar, and in lesse then thirty dayes, it will be taken away.

Or, apply to the eye a bag full of cummin seed steep in warme white wine.

Take prepared tuttie, sugar candie, ginger of each one *dram*, sarcocol, white tartar of each two *drams*, muske half a *scruple*; powder, sift and mix them altogether, and put now and then a little of it in the eye.

Take the seeds of fennel, parslly, wild parsnip, anise, carroway, roots of celandine, sorrell, betony, leaves of agrimony, tormentil, rue, vervaine of each a like quantity, pound them all, and the first day steep them in white wine, the second in womans milk, on the third distil them: keep the liquor close stopt in a vessel, and put two drops of it into the eye every day, it will take away all spots whatever.

To help the eyes when they are *blood shot*, take green wormwood pound and mix it with the white of an egge, bind it warm to the eye; the second time that it is applyed it will cure you. Mix the crum of warm white bread, with the yolke of an egge, shut the eye and lay it upon it. Or soake unwasht wool in an equal quantitie of oile of violets, whites of eggs, juice of rue and apply it to the eye.

If the lower lid of the eye in the cavi-  
tie of it be of a tawny swarthy colour, you  
may by these meanes remedie it. First let  
the Physitian remove the principall cause,  
then take oile of fenugreek and anoint  
the discoloured places with all. Or else  
anoint them with the oile of Cedar, which  
is exceeding good to take away such ill  
colours. Take some Pomegranate peels  
and presse them, anoint the lids with the  
juice, and twill make them returne to  
their former colour.

## C H A P. XXIII.

*To alter the ill colour of the eyes and  
how to make them bigger  
or lesse.*

**A**LL colours do not equally grace  
the eyes: they are *Cupids* torches,  
that should shine with a splendent flame,  
and never burne too blew; which is a co-  
lour lookt upon as fatal, and never more  
aptly plac'd then in *Bellonas* (*Mars's* grim-  
lookt sisters) eye. Neither againe do all  
dimensions suit with their office; they are

*Cupids* chrystall quivers, and must not be too big for that litle archer, nor yet so small as not to containe his magazeen of shafts. Those that have eyes of an ill colour, if they would have them black let them take

Antimony wash'd and dryed five ounces, *lapis lazuli* one ounce, musk, camfre of each three graines, wood of aloes two ounces, frankincense three ounces, saffron halfe an ounce: make a very fine powder of all these, at night when you goe to bed put a litle of it into the eyes, in the morning they will be black as if they had been so naturally.

*Gioranni Marienallo* an Italian, saith he hath often made proof of this which was communicated to him by an Armenian. Take acacia, gals of each an equal quantity, powder them exceeding small, then mix them with the juice of anemonie or wind flower, making it up in the thickness of hony, then passe it through a streiner and keep it for your use in a glass.

The same Author exceedingly commends this following. Take henbane flowers, dry them in the shade and keep them: when you have occasion to use them put them into white wine and bath the

the eyes therewith, it will make them black.

If the eyes be too little through the wasting of the whole body or any other distemper, have respect to the humour which causeth it and purge that, afterward bath them frequently with a sponge dipt in warme water or in womans milk newly come from the brest.

If they are too big and beare too large a proportion to other parts, make an issue behind in the neck, purge the head and body, drink water, and abstaine as much as can be from meats that are strongly nourishing. After this take cotton, anoint it with hony mixt together with saffron, bind it over the eyes going to bed, and often wash them with cold water and salt.

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C H A P. XXIV.

*To make the Lips ruddie.*

**P**Aleness when once it affects the lips, makes the world believe, that those rubie portals of the mouth, have lost their

varnish by being too much *knockt* at, Those Ladies whose lips lye under such a suspicion, may beautifie them with a corall complexion, thus

Take the juice of briony, wild cucumers, reeds, rose water of each one *ounce*, clarified hony four *ounces*, boile all together, strein it and keep it in a glasse: it is exceeding good to anoint the lips and gives them a ruddie and vermilion hue.

Take the shavings of your deepest coloured brasil three *ounces*, make them into a very fine powder, steep it three daies in three *pints* of faire spring water, then adde six *drams* of *isthyocolla* or fish glew bruised and minc'd, let it stand til it becomes soft and dissolves, then set it over the fire againe and adde *grana tinctoria* (*cherries* berries) foure *ounces*, rock allum one *ounce*, borace three *drams*, boile all these til half be consumed, streine it and in a glasse vessel keep it close stopt eight daies, before you use it. It gives a very amiable redness to pale or blue parts, whether lips or cheeks, that which you put on at one time will last 8 daies, in which time it will not be done off either by sweat or water.

Take

*Take* fine filings of brazil two ounces, madder one ounce, Chermes berries half an ounce, infuse them in strong white wine the space of four dayes then adde half an ounce of rock allum and boile altogether to a consumption of half, filtre it and keep it for your use. It is of very great efficacy to vermilionize either the lips or cheeks. Of the like virtue is that which follows

*Take* rock allum, fish glue of each one ounce, shavings of brasil two ounces, steep all three daies in faire water, then boile them, strein them and put them in a glass to use at your pleasure. It will make any pale or blewish part, to be very faire and lively ruddie.

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C H A P. XXV.

*How to smooth the Lips when they are rough and chapt.*

**W**Hen those pretty sister Rubies, have been kist too hard, either by a chilly and cold mouth'd Boreas, or a scorching and hot lipt Sol; to reparaire the breaches

breaches such rude embraces make on their cherrie Skins, use these things following Ladies, they will make them seem such smooth and blushing wax, as *Cupid* will think himself honourd to imprint his kisses on.

Take Stags suet two pound, fresh lard six ounces, wash them often in white wine, then worke them well together till all the white wine be pressed out, then put it into an earthen glazed vessel, adding *nardus Indicus* three graines, cloves half an ounce, nutmegs two drams, seven or eight pippins pard, cord and slic'd, steep all these one whole day in a sufficient quantity of rose water, then keeping it covered, set it over a gentle fire, stirring it up and down with a woden spatula till all the rose water be evaporated, strein it through a thick cloth into a clean vessel half full of rose water; let it stand til the suet be cold, and swim on the top of the water, then put it againe into an earthen pot, adding oile of sweet almonds six ounces, Virgins wax four ounces, melt all these over the fire, strein it againe into rose water through a thick cloth, let it as before stand till it is cold, then take that off which swims on the top of the rose water  
and



and wash it well in some sented water till it be as white as snow ; then keep it for your use in a dry place that it do not mould. Some adde to this pomatum, coral finely powdred to make it the more drying; others adde juice of alkanet to give it a vermillion colour; there is nothing better then this for any chaps whatever.

Make an ointment of oile of roses and a little wax anoint the lips therewith; or champ a little gum tragagant in your mouth and afterward moisten your lips with your tongue.

Take oile of violets, mucilage of quince seeds, hens fat of each one ounce, litharge and gum dragant of each one dram, make them into an ointment and apply it to the lips. All fats and marrows are very good.

Take the mucilage of quince seeds, oile of mastick of each one ounce, goose fat, beef marrow of each half an ounce, a little new white wine, make these up into an ointment with as much wax as shall suffice. Or take a fine linnen ragg dip it in the juice of housleek, and apply it to the lips. Michael Nostredame a Frenchman much commends cotton dipt in common oile  
and

and laid to the navel going to bed. It is an easie thing and soon tryed.

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## CHAP. XXVI.

*Remedies for such vices as are  
incident to the Nose.*

**B**Eauty is a nice & cleanly Dame, that loves to have the nose (though but the sink to convey filth from the braine) kept neat and handsome, as well as the other parts which are design'd for more honourable uses.

Stanch and snivell do very much impair the credit of this part. The stanch of the nostrils proceeds sometimes from a foul stomach; for if the *kitchen* be nastie the *chimney* seldome smells well, if this be the cause, you must have recourse to the Physician. But sometimes the fault is in the nose it self, as when it is affected with some sore or ulcer, then you may follow this method.

Take *Calamus Aromaticus*, damask roses, galingale, lavender, reduce all into a fine powder, then sift it and snuff it up into the nostrils

nostrils. Or take one scruple of London Theriacle, dissolve it in white wine and draw it severall mornings up into the nose.

Take Roses, Cloves, *lignum aloes* of each two drams, Spicknard one dram, Musk two graines, powder what is to be powdered and make them all into a past, with the best white wine, and so make them into little pills; when you would use them, dissolve one in a little rose water and drop it into the nostrils, but first wash the nose well with white wine, wherein roses and lavander have been boiled; this will both cure the distemper & cause a sweet breath.

If the nose be too much charged with snivell; the frequent use of gentle clysters and vomits is very good. Or else anoint the head with some heating oile, if it be a cold distillation; and with a cooling oile, if it be a hot. When you go to bed, rub the feet with pitch dissolv'd in oile, and wash the nose in wine, wherein put a little powdered myrrhe; By the use of these things you may sufficiently purge the dregs, which distil from the beake of your dropping Alembick.

## CHAP. XXVII.

*How to fasten, cleanse, and preserve  
the Teeth.*

**L**east the Microcosme might be surprized by any treacherous invader, the teeth are set as ivory Portcullis's to guard its entrance. Or rather Nature hath made the *sharpset* teeth as so many mincing *knives* to belong to her *kitchen*, the Stomack: If they happen through any mischance to be *rusted* over, the best way to *scour* them, will be every morning to rub the teeth with poudred *Tartar*, after wash them with white Wine, if it be in the *spring*; or with cold water if it be in the *summer*.

Take rock Allum, Salt, Nitre, of each four ounces, pound and dissolve them in Vinegar, then distil them: to one ounce of this water adde juyce of limmons three ounces, and rub the teeth therewith.

Take rock Allum burnt, poudred coral, *Sanguis draconis*, Pumice stone, pouders them all pretty fine, and rub the teeth there.

therewith. Or, *Take* white Coral, Cuttle bone, white Tartar, dried roots of Florentine iris, of each a *like quantity*, a little burnt Allum: Make of them all a fine powder, and keep it dry to rub the teeth.

*Take* calcin'd Salt three *drams*, Galin-gale two *drams*, Hartshorne burnt four *drams*, flowers of Schœnanthum and Roses dried, one *dram*; make them into a Powder to rub the teeth with. If the teeth be very black, you may touch them slightly with oyle of Sulphure or Vitriol, but not too often.

When the teeth are loose, your best way to fasten them, will be to *Take* Galls, Pomegranate flowers, Cyperus, Roses, Sumach, a *like quantity* of each; *Take* half the quantity of these in rock Allum, powder all, and rub the teeth and gums therewith.

Or else, *Take* Galls one *ounce*, Myrrhe half an *ounce*, Pomegranate bark one *scruple*; boyle them in vinegar, and make a Gargarisme to wash the mouth. Some dissolve Allum in vinegar to wash the mouth withal.

To keep the teeth from rotting, *Take* calcin'd Hartshorne, cypress leaves, of each  
one

one *dram*, Cinkfoyle roots two *drams*, Maiden hair burnt one *dram*, Rose leaves a *dram and a half*; bring all into a powder and use it as a Dentifrice to rub the teeth with. It makes them white, and keeps them sound. If the teeth are already rotten and corroded, Take Opium, Myrrhe, Storax, of each one *dram*, white Pepper, Galbanum, Saffron, of each half a *dram*, beat them together and apply them to the corroded tooth.

Or, Take Pepper, Pellitory of Spain, juyce of Spurge, Galbanum, of each a *like*; mix altogether, and put it into the rotten tooth.

Boyle Sage leaves in wine, wash the teeth well therewith; then, Take black Hellebore, mix it with Honey, and put it into the hollow tooth. Others only put burnt Allum into it, and find much good by it.

CHAP. XXVIII.

*To Sweeten the Breath.*

When your breath, Ladies, by reason of exulcerated Lungs or rotten Teeth, sends forth a stench more noysome then old *Saturns* sweaty socks, make your application to these following medicines, and you shall embalm the air with so rare a sent, that all the *aromatick fumes* of *Flora's garden*, shall never enrich it with a more delicious sweetness.

Take Cloves, Nutmegs, Cinnamon, of each one ounce, Mace, sweet Saunders, of both half an ounce, Wood of Aloes an ounce and a half, Musk half a dram; after you have poudred these, make them up (with Rosewater, Sugar, and gum Tragant) into small bullets, to hold in the mouth.

Take wood of Aloes, Galingale, Myrtle leaves, three sorts of Myrabolans prepared, Cinnamon, Mace, Pepper, Ginger, Nutmegs, Cardamomis, Laurel berries, of each two *drams*, Musk, Amber, Camfre, of each half a *dram*, Sugar two *ounces*; make all into a powder, and take

L one

one *dram* thereof in a morning ; it is exceeding good to strengthen the Stomack, and sweeten the breath.

Or else, Take gum Tragant one *ounce*, *Sanguis Draconis* two *drams* ; steep them two dayes in Rosewater, then put them into a mortar, adding an *ounce* of Sugar, Starch half an *ounce*, Musk dissolved in Rosewater one *scruple* ; pound them well, then mix them together with a Spatula, and make them up into little pellets as big as barley corns, dry them, and after that they are thoroughly dried, put one now and then into your mouth, and let it dissolve.

Take Cinnamon half an *ounce*, cloves two *drams*, nutmegs, mace, citron pill, of each one *dram*, Florentine iris, the lesser galingale, of each half a *dram*, yellow Saunders, wood of Aloes, of each one *scruple*, ambergreece, musk, of each half a *scruple* ; steep them when they are powdered in a quart of the best Malmsey Wine ten or twelve dayes, then strein it through a woollen cloth, afterward put it into a Bottle, and keep it close stoppt for your use. Take a spoonful or two of it in the morning fasting ; it sweetens the breath  
ex.



exceedingly, and strengthens the heart and stomach.

If the breath be infected by rotten teeth, *Take* the best *Styrax* two *drams*, sweet *Aſa* one *dram*, the best iris root half a *dram*, *gallia moschata*, yellow saunders, of each one *scruple* : Distil'd oyle of *Roses* half a *scruple*, mix them ; and with a little gum tragant, dissolved in cinnamon water, make a mass ; out of which you may form little long pills to put into the hollow teeth.

When the breath smells of Garlick, Onions, or any thing else that is eaten, *Take* coriander seeds, or zedoary, chew them in the mouth, and drink a good draught of Wine after, it will take away the sent of any thing that was eaten before. The same effect hath Mint if it be chewed in the mouth. Fennel seeds, or Galingale champt after the drinking of Wine, takes away the smell of the Wine ; so do four Apples and Quinces.

## CHAP. XXIX.

*How to beautifie the Neck.*

**N**Othing more commends the Neck for comely, than to be white and smooth; for 'tis a part usually exposed to sight, and ought to represent a *Pillar* of polliht ivory, that *supports* the head with a lustre becoming that place where the *understanding* seats his throne. It is usually impaired by *Kernels*, *Kings evil*, *hard Tumours*, and *Swellings*.

For *Kernels* ( which usually breed in those places where the *emun&uaries* of the nobler parts are) if they come in the neck, (after the body hath been purged, and the *Cephalicke* veine opened in the arm ) apply mollifying and discussive Fomentations, with sponges dipt in strong vinegar, then apply a Plaister of *Oxycroceum*, adding a little gum *ammoniac*, *bdellium*, *sagapenum*, *opoponax*, powder of *euphorbium*.

For the Cure of the *Kings evil*, the powder of *Sarsaparilla*, drunk to the quantity of half a *dram*, for forty dayes, morning and evening, in white Wine, availles  
mar-

marvellously. The like operation have all your nitrous and vitriolick waters; for an external Plaister, you may use *Emplastrum divinum*. In *Autumne*, Take the root of Scrofulary, beat it together with fresh butter, put it into an earthen vessel well covered in a moist place, leave it so fifteen dayes, then melt the butter over a gentle fire, strein it and use it to anoint the place. Take a live Mole skin'd, three or four Serpents skins, the roots of Scrofulary, Solomons seal, Briony, wild Cucumers, of each three ounces, boyl them together in an equal part of wine and water, so long till the liquor be evaporated; adde at last, a little white Vine vinegar; first anoint the place with two sponges dipt in strong vinegar, and applyed as hot as you can endure: then make use of the ointment.

The *swellings and tumours* of the Neck, (I mean those which arise betwixt the skin and the *aspera arteria*) are thus to be ordered.

First, purge the body with Cephalick Pills: use a drying and temperate dyet: Then, Take sal gem. amber, allum burnt, cuttle bone, nurgalls, long and black pepper, cinnamon, ginger, pellitory of Spain,

of each *half an ounce*; powder all very fine, and adde four ounces of Rosewater. Take every morning, in the waine of the Moon, a spoonful of this powder, and so continue using it with your meat: when it is gone, make it again and use it.

Foment the place with the Decoction of Briony, wild Cucumers, Beets, Sage, Camomile, Melilot. Or put them all into a bag, and apply them as hot as the Patient can endure; then put on the part affected a plaister of *diachylum*, to which you may adde *euphorbium*, sulphur, verdigreece.

If the beauty of the Neck be any whit impaired by Freckles, Spots, Wrinkles, or Leanness; you may use the same remedies which we have before prescribed for these Maladies, in the *Tenth* and *Twelfth Chapters* of the *First Part*; and the *Second* and *Sixt* in this *Second Part*.

## C H A P. XXX.

*How to keep the Breasts from growing too big, and to make them plump and round.*

**Y**Our care, Ladies, to preserve the the Beauty of these parts, must not be inferiour to that, wherewith you cherish any: for the Breast must be made remarkable with an outvying splendour, that so the graceful rising of those snowy hills, might like a pair of stately *promontories*, tempt wandring Lovers, and make them take your *Microcosms* for the only *fortunate Islands*. If ye fear they will grow too big, ye may by these means keep them within their bounds.

Put as much pounded Cummin seed into water as will suffice to make it into the consistence of a plaister; bind it when you are young, somewhat streight to the paps, with a tillet dipt in water and vinegar, letting it remain three dayes, then take away the Cummin, and apply the roots of white Lillies, incorporated with water, bind it likewise to the breast pret-

ty streight, and keep it on other three dayes. Use this plaister often.

Bath the paps with Rosewater and vinegar, whereto you may adde a little Camfre and Tutty. Or, pouders rock Allum, mixt with oyle of Roses, and anoint the paps with it. Or with oyle of Myrtle, and juyce of Henbane mixt together. Some use to drink in their beer, half a score *grains* of Hares dung to keep the breasts from growing too big.

If the Breasts have already exceeded their dimensions, the dyet that you use, must be more sparing and drying, that there be not too great plenty of blood; care must likewise be had, to draw the blood downwards from the breasts. Ye may apply this, to hinder the breasts from receiving too much blood,

*Take* the juyce of Hemlock, with the water of Myrtle & Prunella, a *small quantity* of Vinegar and Allum, dip a linnen cloth therein, and apply it to the breasts.

When the Breasts are flaccid, and hang down too low, you may make them round and plump thus; *Take* Quinces, green Grapes a *like quantity*, beat them well together; adde a little bole,  
seed

seed of Plantane, Annis, Fennel, Cummin; with the juyce of Plantane and vinegar mixt; spread it upon the breasts in form of a Plaister. The same effects have dried Figs, incorporated well with Cummin and a little vinegar. You may likewise dissolve Pitch, mix it together with oyle, and apply it to the breasts.

## C H A P. XXXI.

*Remedies for Inflammations or Hardness of the Breasts, and chaps in the Nipples.*

**W**HEN some intestine heat impairs the radiant whiteness of those snowy hills; or curdles the milky nectar of the breasts, into such a hard and compacted thickness, that not being able to get forth, it must of necessity lye and generate sharp corroding streams, which fret the tender out-lets of *Cupids* fountains: Ye may, Ladies, in this Chapter furnish yourselves with recuring remedies.

For

For your Breasts, when they are first inflamed, *Take* the green leaves of Plantane, Mallows, of each four *handfuls*, Earth-worms newly prepared, six *handfuls*, oyle of Roses three *ounces*, oyle of Camomile and Mellilor, of each one *ounce*, Barley meale three *ounces*, boyle all these together ; and with a sufficient quantity of this Decoction, adding *Edellium* dissolved in vinegar, two *drams* ; make a Plaister, and apply it to the breasts. Or else,

*Take* the crum of white bread, Barley meal, of each one *ounce and a half*, the meal of Beans and fengreek, of each half an *ounce*, Roses, and the flowers of Camomile poudred, of each two *drams* ; boyle them, then adde rose vinegar one *ounce*, oyle of Camomile and Roses, of each one *ounce* ; make it into a Pultiss, and apply it.

*Take* the leaves of Lettuce, Purslane, of each one *handful*, red Roses half a *handful* ; boyle them in water, and adde to the Decoction, two *ounces* of vinegar ; dip cloths therein, and apply them to the breasts : If great pain doth accompany the Inflammation, you may use this as a singular remedy, *Take Album Græcum*,  
pouder



powder it very fine, make it into a plaister with white wine, or vinegar, and apply it warme to the breasts.

Sometimes there is hardnesse in the breasts which accompanies the inflammation, in such a case take bean & barley meal of each one *handful*, the meale of the seed of flax & fenugreek of each half a *handful*, the oile of roses three *ounces*, saffron one *scruple*, mix them together and make an ointment.

If after this, the paps remaine hard, apply some repercussive medicines, that the breasts may not draw more blood then they can digest : anoint the breasts and under the armpits with this medicine, take bole arm. one *ounce*, with a sufficient quantity of oile of roses, of myrtle, and vinegar make an unguent. To the paps apply this discussive cataplasme ; take dry mint two *handfuls*, wormewood one *handfull*, boile them to marsh, strein them, add the meal of beanes, lupines, of each half an *ounce*, make a pultis with the oile of lillies and apply it. If the blood be curdled, dissolve it with this, take smallage four *ounces*, oxymel two *ounces*, meal of red vetches & lupins of each two *ounces*, make them into a cataplasme.

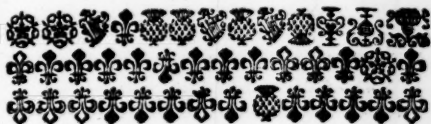
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When the paps are subject to chaps and clefts use things mollifying and attenuating; before the milke come to the breasts: wherefore it will be good for married Ladies before they lye in, to use some mollifying poultises, or to anoint the paps with wax workt well together with oile or fresh lard. Or else take

Bole arm. myrrh of each half a *dram*, ceruse two *scruples*, with a sufficient quantity of Ducks fat, make an unguent for the paps. Or else you may anoint them with oile of sweet almonds. The pomatum described in the 25 chap. of this Part is exceeding good in this case.



PART.



## PART. III.

### *How to Beautifie the Arms, Hands, Leggs and Feet.*

**A**Mongst those best meanes that ye have Ladies, to get your selves in Fames immortalizing Calendar, canoniz'd for Beauties; it is one, to studie the ornament of these parts, which though they seem the outbranches onely of rationall trees, yet conduce much to the splendour of beauties Paradise.

CHAP.

## C H A P. I.

*To remedie sweating of the Armpits,  
and other inconveniences proceeding thence.*

S O mething is seems of miracle, that Ladies armes should keep those they once incircle such fast prisoners, that few of them are ever known to regaine their former freedome. Nothing inferiour to Cupids magick spels, they never surround any, but by their enchantments work on them so strange a *metamorphosis*, that they leave them nothing may speak them men, but humane shape. If any Ladie find that her embraces have no such powerfull charms, she may justly suspect there is something that frights the amorous vermine from the bait, before they have leisure to be intoxicated. Such fents are thus remov'd.

After the body hath been purged, use a bath made with bawme, mirtle, lavender and other herbs of a good sent in wine or water, wherewith bath the places affected. or else bath them with wine and rose water wherein you have boiled  
allum,

allum, myrrhe, *calamus aromaticus*, *lignum aloes*, cloves.

If you bath the armpits with any sort of allum dissolv'd in water, it will condense the pores, and hinder the sweat from streining through the skin. Or else you may often wash the arm pits with white wine wherein nutmegs or mace have been boiled, or wherein three *graines* of musk have been dissolved; it hinders the transpiration of sweat and gives a pleasing odour to the body.

*Monsieur Liebault* a French man adviseth to keep this pomander under the armpits. Take *Styrax calamite*, *ladanum*, *benjamin* of each half a *dram*, cloves, mace, *lignum aloes*, lavender flowers of each half a *scruple*, musk one *graine*, with gum tragagant dissolv'd in rose water and a little turpentine make them up for use.

As for internall remedies to alter the ill constitution of your bodies, I would commend this to ye; Take the best Marmalade of quinces two ounces, candid ginger one ounce, green *calamus aromaticus* preserved, half an ounce, nutmegs, *casta lignea*, the lesser galingale, mace, of each one *dram*, the seeds of coriander prepared, of bishops weed of each half a *dram*,  
oile

oile of Cloves and Cinnamon of each one scruple, the whitest sugar dissolv'd in cinnamon water one pound, mix all these, and according to art make them into pectoral lozenges; a dram whereof taken in a morning doth wonderfully strengthen a cold stomack, repair a decayed complexion, and utterly take away all foetid fumes that use to exhale from the body.

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## C H A P. II.

*For Chaps and Warts in the Arms  
or Hands.*

**Y**Our Alabaſter Armes and Hands Ladies, are the fleſhie *altars* whereon your *ſuperſtitious* Inamorato's offer to you, as female Deities the *fiſt fruits* of their devotion in zealous kiſſes. Your care ſhould be to keep them in ſuch a ſoul-inchanting ſymmetrie, that might confirm your Idolizing lovers in the opinion they have conceived, that you are more then mortal.

If the hands or armes are chapt, in the morning as ſoon as you are up, bath the chaps with ſpittle, then anoint them  
with

with Capon or Duck greafe well wafht with rofe water. Or elfe take a little maffick finely powdred, incorporate it with oile of rofes and white wax; you may likewise mix poudred maffick with the white of an egg, and anoint the chapt places with it. Or take

Olibanum, maffick, of each two *drams*, oile of rofes, new wax and Capons greafe, of each half an *ounce*, make them into an unguent and ufe it. If the chaps proceed from heat, take hens greafe and camfre, mix them to anoint the chaps withall every night, in the morning wafh with bran and water: if the hands are chapt with cold ufe this, Litharge of filver, mirrhe, ginger powdred, a like quantity of each; mix them with oile of rofes and new wax, make an unguent, firft bath the chaps with spittle, then anoint with this ointment, let it lye on all night, in the morning wafh with warme water, it heals the chaps and makes the skin faire and cleare.

To free your felf from warts, apply to them a plaifter of Cantharides, but let it touch no part elfe, and it will eat them away by little and little. Or bath them often with the milke that iffues from the figtree.

Take Litharge one pound, quick Lime half a pound, sal Armoniac half an ounce, common Vitriol three drams; boyle all in water to the consumption of three parts of the water, then strein it, and bath the Warts therewith.

The best way is to touch them with oyle of Vitriol, very slightly; for if you lay on any great quantity, it will quickly eat to the bone. Warts, when they come first, and are tender, may be removed with black Soap, mixt with burnt Salt, salt of Nitre, milk of Spurge, juyce of Celondine, juyce of wild Cucumers, powder of Cantharides. Some rub them with a piece of raw Beef, and afterwards bury it. Others use Marigold leaves.

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### CHAP. III.

*How to make the Hands fair and white,  
and to lessen the Veins when they  
appear too big.*

**I**F any Lady be already the Cynosure to neighbouring eyes, and would be elevated to the highest altitude in peoples estimation, besides the attractive lure of



a pleasing face, she ought to have hands, whose radiant whiteness might dazle spectators eyes, that so they might go on blindfolded in the fond humour of admiring her. And then I dare secure her, men will be such close captives to her imperious tyranny, that she need never fear being disdain'd by any apostate Lover. The best means to bring the hands to such a lillied splendour, follow here :

Take the pressings of sweet and bitter Almonds, which remain after the Oyle is drawn from them, of each four ounces, Bean meal two ounces, your finest French Barley, ground and sifted, meal of Lupins, of each an ounce and an half, powder of Florentine iris one ounce, red Roses dried, Benjamin, of each six drams, salt of white Tartar, the whitest Chalk washt and prepared, burnt ivory, fresh *spermaceti*, of each half an ounce, oyle of Rhodium one scruple, oyle of Cloves and Lavander, of each half a scruple ; mix them all well together, and with a little of the mixture often rub and wash the hands : it is of an excellent sent, and makes the hands exceeding white, smooth, and soft.

Take Venice Soap dissolved in juyce of Limmons one pound, white virgin Honey

four ounces, prepared Sublimate, white Sugar candy, the roots of Florentine iris, of each one ounce, salt of white Tartar, whitest *sperma cati*, Sugar, allum, Venetian borace, of each half an ounce, true sented Balsame of Peru two drams, *gallia moschata* one dram, oyle of Rhodium, Cinnamon, Cloves, of each one scruple. Use the mixture to wash and rub the hands withal. It is of the same efficacy with the former.

Take Venice Soap, what quantity you please, cut it in small pieces, set them so long to dry in the Sun, that you may bring them into a powder. Afterward, Take one pound of this powder, iris root, and Saunders poudred, of each four ounces, starch six ounces; beat them altogether in a mortar, adding liquid storax, and oyl of benjamin, what quantity you please; anoint the hands with this Composition, and it will marvelously whiten, smooth, and sent them.

Take half a pound of Figs, as many Raisins of the Sun ston'd, and a like quantity of bitter Almonds, beat them all severally in a mortar, as small as you can, then mix them together, adding two Limmons par'd and minc'd, and two good handfuls of  
of

of Bean meal, boyle all these in a *pinte* of white Wine vinegar, stirring them continually ; when it hath boyled so long that it sticks no more to the Posnet, then put it forth into a *gally pot*, and keep it ; use some quantity of it to scour your hands every time you wash.

Take Labdanum four ounces, *Styrax calam.* three ounces, Benjamin two ounces, put them into a brazen mortar heated, work them together with a hot Pestle till they are pretty soft, adde poudred Soap two pound, then strew thereon liquid Storax two ounces, make it into a Composition with a little Rosewater, and keep it to scour your hands.

Take Starch, meale of Beans, Lupins, Rice, iris roors, of each four ounces ; powder them very small, searce them, and then mix them together ; when you wash your hands, take a little of this powder and moisten, to rub them withal.

If you like an Ointment, do thus ; Take oyle of sweet Almonds four ounces, take a little white Wax and put to it, boyl it over the fire, adde one dram of Camfre, and make it into an Unguent : it will both keep the hands from sun-burn, and make them exceeding white.

When the milky whiteness of the hands is eclipst by the azure veins that swell too big, chaff them well with water wherein allum hath been dissolved; then wash them in warm water, presently after anoint them with an unguent made of Ceruse.

Take wax an ounce and a halfe, turpentine three ounces, frankincense, fenugreek, mastick of each two ounces & a half, three graines of musk, dissolve the wax and turpentine, in a new pipkin, then add half a pound of common oile; when it begins to boyl, strew in the mastick, frankincense, fenugreek, all being powdred, incorporate them together and make an ointment.

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#### CHAP. IV.

*For the Hands when they are swoln  
and look red or blew with cold.*

**I**F your hands like the flowry fields, dismantle themselves of their richest livery at the approach of the crabbed winter, & laying aside their youthful loveliness, do shelter themselves under some more serious colour, that may better suit with

with the humour of that *grave* decrepitate season: Ye may Ladies reapparell them with their native whiteness, by the help of these directions following.

Often bath your hands in wine wherein you have boiled, nettles, rosemary, time, rue, penny royall; the frequent use of this decoction will keep them from swelling. As soon as they begin to swell and rise into knobs apply a repercussive plaister made of barley meale and juice of limmons; or take litharge, oile of roses and vinegar work them well together into a liniment to anoint the affected places. If the swellings do not yeild to these medicines.

Take the yolks of five eggs, calcine them, and mix them well with barrows grease, anoint the hands well therewith going to bed, draw on a paire of smooth gloves and so lye all night.

Take turpentine, mix it with half its quantity of salt, stir them well together, till they are pretty thick, then apply it to the swollen hands.

Take oyl of dil, & oyl of sweet almonds, of each one ounce, mucilage of gum tragacanth made with pennyroyal water, three drams, powdered starch eight drams, mix and

and make them into an ointment; it takes away the cold swellings of the hands and reduces them to their former Colour.

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## C H A P. V.

*Remedies for those vices which are  
incident to the nails.*

**T**H E nails are pearlie *helmets* where with prudent nature hath *arm'd* the active fingers, to which (if they are neatly burnisht) they give a commanding comeliness; and may at a pressing exigencie be fit materials to *head Cupids* piercing shafts: their oriental beautie is thus preserved.

When the nails are spotted remove the spots with these medicaments; Incorporate myrrhe with a sufficient quantity of turpentine and apply it. Or else take sulphur vive work it together with a convenient quantity of pitch and tarre, use it as a plaister; you may if you please add a little vinegar. Mix flax seed beaten with hony and wax, put it to the naile that is spotted.

If the naile be bruised and becomes  
black

black by reason of the blood that congeals underneath, apply a cerecloth that is made of capons grease & sheeps grease with oile of cammomile or dil : afterward to dissolve the setled blood use goats dung tempered with sulphur. Or incorporate cummin seed with *diachylum ireatum* and oile of camomile in forme of an unguent. Ducks grease mixt with Euphorbium is singular good to discusse the condensed blood.

By some mischance or other the top of the finger is oftentimes so bruised, that the naile comes off; to make it come again foment the part with wine wherein dates have been steeped.

Take Flaxseed one ounce, cardamoms three drams, as much hony as will make it into a plaister : this will make a naile that is cleft or rotted to come away : the same effect hath the juice of stinking orach. When the naile by these means is fallen off, to make it grow againe you may use that which was before prescribed.

If the flesh or skin grows too much over the nails, milk of spurge dropt thereon is very good. Or take salt, barley meal and costus poudred; mix them with so much

hony, as will make them into a plaister and apply it to the flesh.

## CHAP. VI.

*Remedies for the galling, fretting and sweating of the feet.*

**T**HE Body, that fleshie pallace of a deathlesse guest, would sink beneath its own magnificence, were it not upheld by the feet, those beauteous pedestals to the sister columns that more immediately support the structure: If they are once fretted, or stand on too moist a foundation, they may chance to slip, and so the whole edifice of beauty hazard it self by catching a fall. Your wisest way will be to secure them thus,

When the feet are galled take *emplastrum diachalcit*, dissolve it in oile of mirtle and use it to anoint the feet. Oile of eggs made by expression, or else oyl prest from wheat betwixt two iron plates is very good. You may likewise use those things which have been formerly commended to take away chaps. *Unguentum album*, or *diapomphol*. are not applyed without good successe



successes, the like might be said of the oile of flax, fresh butter & the yolk of an egg made into an unguent.

The feet if they are often subject to troublesome sweatings may thus be ordered, bath them in warm water wherein allum hath been dissolved; or else wash your feet in water wherein the flowers and berries of myrtles, the leaves of cypresse, tamarisk, mint, marjoram; and after you have washt them well, anoint them with litharge powdered and mixt with hony.

There is yet another distemper incident to the feet, which I had almost forgot, they are often apt to be numb'd with a kind of pinching chilness. You may Ladies, free your selves from this distemper thus. Make a decoction of the roots of enula campana, angelica, flowers of camomile, melilot, and once or twice a week bath your feet in it. You may likewise boile mint, marjoram, sage, laurel, pepper wort, in white wine and use it as the former decoction.

## CHAP. VII.

*Remedies whereby to be freed from  
Kibes and Cornes.*

**T**HE *servile* feet, though they vaile bonnet to all the nobler parts, and are leveld with that, below which they cannot well seare a fall; yet seem to have something of *pride*, while they often *swell* into tumours, and to those dimenſions they cannot reach themselves, they arive in needlesse excreſſencies: You may check this their petty ambition, and securely trample upon them, if your hands will take but the paines to walke to your feet and apply these medicines.

For the kibes or those red, hard, itching tumours that are troublesome to the feet in frostie weather, bath them well till they are very soft in warme water wherein mallows or ſenugreek have been boiled, or in hot graines or oats boiled in *aqua vite*; then apply to them an unguent made of oile of mastick, oile of spike, and wax of each a like quantity.

Take the powder of gum tragaganth, incorporate it with oile of mastick and use it for a liniment, Or take goats suet one  
pound,

pound, Galls powdred one ounce, melt and strein the suet, then add the galls : use it as an unguent. Or take neats foot oile two ounces, galbanum half an ounce, boile them till they are pretty thick, then anoint the kibes therewith, having first well bathd them. Boile half an ounce of litharge in oile, stirring it continually then adde three drams of galbanum and make it into an ointment. Take ammoniack half an ounce, rosin one ounce, mastick, frankincense of each one dram, meal of fenugreek half an ounce, wax and oile as much as shall be sufficient, dissolve the gum ammoniac and the rosin over hot embers, then add the wax and the oile, when it is all melted add the meale of fenugreek and the frankincense powdred, make it into an unguent.

Beares grease, sea water, the decoction of leeks, frankincense incorporated with lard, pomogranate peels boiled in wine, all these if they are applyed are very good. But if the kibes are broken and exulcerated, anoint them, with *unguentum apostolorum*, strewing thereon powder of mastick, incense, myrrhe, then bind up the part affected with a fillet, steep in hot white wine, and cover it with a warme cloth.

Corns

Corns in the toes or feet, may be removed by the same means which we have prescribed for warts. Or take pure galbanum, new wax, soften them with your breath, and work them together, apply them as close to the corne as you can. First soften the corne with some fomentation, then apply a cautery; some use leaven, others the powder of the root of rest harrow.


Wash the feet, and apply to the corns the milk of fig leaves; then shave them with a razor to the quick, and if there happen any inflammation, anoint them with *unguentum rosatum*. Bruise the leaves of rue and bind them to the corns: quick lime likewise kills them. Or take water of tartar three ounces, black sope one ounce, quicksilver half an ounce, boile these nine times, & every time when they begin to boile, make it cease by powring in cold water, then wash the cornes with this water morning and evening, then shave them to the quick, then wash them againe as before, then shave them and they will be quite taken away. Some apply ox gall, changing it every day till the cornes fall away.

PART.



## PART. IV.

*Sents and Perfumes fitted for  
severall occasions.*


**Y**E have heard Ladies how  
 to furnish your selves with  
 a Beauty, so transcendent,  
 that shall puzzle Rhetor-  
 rick to studie Hyperbolies  
 to expresse it by; so cap-  
 tivating, that none shall dare stile himself a  
 Platonick; or at most, he onely whom  
 your divine features shall make believe  
 that ye are more than mortal. The former  
 receipts shall furnish each of ye with love-  
 liness enough for your whole Sex, & make  
 ye *Pearls* in beholders eyes; these follow-  
 ing shall make ye walking *gardens*, so that  
 ye shal lead your servants by the *noses* af-  
 ter ye; they shal all turn *Camæleons* and  
 live on that aire which ye perfume.

CHAP.

## C H A P. I.

*Perfumed Pomanders for Bracelets.*

**Q**uestion not, Madams, but *Pomander Bracelets* conduce much to the making of your Captives numerous; though they *bind* only your arms, yet they take men your *prisoners*: for none can have the courage to resist, that once see how much *bracelets* make ye Women of your hands. The best directions for making them, are such.

*Take* two ounces of the best damask rose buds, the whites being cut off; musk, ambergreece, of each *forty grains*, civet *twenty grains*; let your roses be beaten fine, as is usual for Conserves; then adde the former things with a *little Labdanum*; beat them well together, and make them up with gum tragaganth dissolved in rose-water.

*Take* Styrax Calamite, *Labdanum*, of each a *dram and a half*, Benjamin one *dram*, Cloves, Mace, wood of Aloes, Lavender flowers, of each *half a scruple*, musk, ambergreece, of each *four grains*, a *little turpentine*, gum traganth dissolved in  
in

in rosewater, as much as will suffice; mix them well together in a warm mortar, and make all into a Pomander, according to art.

Take Florentine iris roots, Cloves, Mace, Cinnamon, of each *half an ounce*; yellow Saunders, Styrax calam. sweet Asa, of each *two drams*, Ambergreece one *dram*, Musk of Alexandria half a *dram*, sweet Balsame of Peru, oyle of Rhodium, of each one *scruple*; mix all well together, and adde two *drams* of Civet. This Composition will be dear, but ye may make it in *less quantity*; taking either *half*, or a *quarter* of the doses. Beside, the exceeding pleasant smell, it is good in Pestilential times, and in Fits of the Mother.

Take the shavings of the greenest Cypress wood one *ounce*, Florentine iris six *ounces*, Cloves three *ounces*, Calamus aromaticus three *drams*, wood of Aloes six *drams*; pound them altogether in a still place. Take three or four hundred red damask Roses clean pickt, beat them in a mortar with a wooden Pestle; when they are half beaten, put in the former powders, then pound them again, moistning them with a little damask Rose water; and when they are well mixt, make them

up into small Trochicks, and dry them in the shade. Of this Composition ye may make musk soaps, sweet pouders, and pomanders ; and to make the Composition more excellent, ye may put what musk & ambergreece ye please, so that ye powder the musk, and dissolve both that and the ambergreece in rosewater, then mix them with the former Composition.

Take of the former Trochisks of roses *half an ounce*, the best *labdanum* two ounces, *Styrax Calam.* Benjamin, of each one ounce, violets poudred one ounce, amber and musk, of each *half a dram* ; powder what is to be poudred, and work them well together into a paste ; out of which ye may make Pomanders of an excellent and durable sent.

If ye like a perfumed Composition to carry about with ye in a silver box, ye cannot have a better than this, Take your true Jasmine butter *half an ounce*, essence of orange flowers, essence of cinnamon, oyle of orange peel, oyle of nutmegs, essence of roses, of each *half a scruple*, flowers of benjamin one scruple, essence of musk, amber, and civet, of each *half a scruple* ; all these ye must work well together



ther in a cold and small marble mortar, then put it into your box.

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CHAP. II.

*Pouders for the Hair, Linnen, and Sweet Baggs.*

**I**F after ye have used all hitherto commended, ye meet with any that defies your charms, and is obstinate; do not yet despair, Ladies, for this *Chapter* teaches ye, how ye shall tickle his nose, and fetch him about with a pouder, which will give ye so rich a sent, that the roses and violers in all your cheeks, shall not make ye half so sweet.

Take Florentine iris roots, finely poudered one pound, Benjamin four ounces, Cloves the like quantity, Storax two ounces; pouder them all very fine, and mix them together. This ye may use to sent your hair-pouder withal, adding about three ounces of this pouder to a pound of Starch, sifted and pounded; or else, to a like quantity of Rice, pouder of Poſt, or French Beans, being first pounded and then sifted.

Take Iris roots six ounces, red Rose leaves poudred four ounces, Cyperus half a dram, Marjoram, Cloves, and Storax, of each one ounce, Benjamin, yellow Saunders, of each half an ounce, Violets three dram, Musk one dram. If ye poulder them grossly, they may serve to put in sweet bags to lay amongst linnen; but if ye poulder them small, and seirce them through a seive, ye may keep the grosser part for the former use, and with the more fine, ye may perfume your hair-pouders. This ye may observe in your other pouders.

Take Iris roots three pound, Cyperus roots, Benjamin, yellow Saunders, *lignum Rhodium*, Citron peel, Storax Calam. Cloves, Cinnamon, pure *Labdanum*, of each one ounce, sweet Marjoram twelve handfuls, flowers of Roman Camomile, and Rosemary, leaves of sweet Musk, Tyme, and Savory, of each two handfuls and a half, the best Musk a quarter of an ounce, Civet half so much, Ambergreece half a dram; let all be driven into a grosse powder, except the Amber, Civet, and Musk, which must be finely poudred, and afterward mixed. This is an excellent powder for Linnen, and Bags; it will endure sixteen years exceeding strong, and is as good

good a Composition as any where you can meet with. If ye mix a *lesse* proportion of Zibet, Musk, and Amber, it cannot be expected to be so pleasant, nor lasting.

Take from the Apothecaries common Iris roots poudred one pound, *calamus aromaticus* two ounces, roses four ounces, coriander seeds two ounces, *lignum Aloe* one ounce, marjoram, orange peels, of each one ounce, storax calam. ten drams, *Labdanum* six drams, Trochisks of Roses two ounces, Lavender four ounces, Cloves two ounces, Bay leaves half a dram, galingale two drams; mix all these and poudrer them fine, then adde musk and amber, of each half a dram.

Take yellow Saunders one ounce, *calamus aromaticus* a like quantity, marjoram three drams, the leaves of damask Roses and Violets poudred, of each two drams, Nutmegs and Cloves, of each one dram, musk half a dram; all must be beaten into a grosse poudrer, then put it into silken bags to lay amongst Linnen.

Take the roots of Florentine Iris four ounces, Violet flowers newly dyed one ounce, the root of round Cyperus two drams, the true distilled oyle of Roses a

*dram and a half*; reduce all these into a very fine powder. This gives a very delightful and pleasing smell, and is composed for their sakes who do not affect those strong Perfumes that are made with musk and Zibet. Ye may put it in silken taffety bags to lay amongst linnen, or else it may serve to strew on the hair, or cloaths.

Take the pressings (that which remains after the oyle is drawn forth) of sweet and bitter Almonds, of each four *ounces*, the flower of French Barley and Lupins, of each two *ounces*, the roots of the best Iris pounded one *ounce*, white Roses dried, Benjamin six *drams*, salt of white Tartar, whitest Chalk powdered, *Sperma Cati*, of each half an *ounce*, oyle of *Rhodium* one *scruple*, of Cloves and Lavender half a *scruple*; mix and make them into a powder, it gives the hands and skin an excellent odour, makes them white and smooth if ye often rub it on them, or use it to wash withal.

## CHAP. III.

*Sweet Waters, Oils and Essences.*

SUCH Ladies is the efficacie of these Sliquors that they'l cherish rather then extinguish the flames of *love*, they'l put ye in so *sweet* a *pickle*, that will make ye dainties shall *sharpen* the *appetite* of those that have no *stomack* to fall on a Ladie. In a word the Pope and all his Conclave shall never do so many wonders with their holy water as you may do with these.

Take three pints of damask rose water, malmey half a pint, the flowers of lavender and spike of each two ounces, Florentine flower de Luis roots two drams, nutmeg, styrax Calam of each half a dram. Infuse altogether for a fortnight in a close stopt bottle, then distill them in a glasse alembick, putting into the nose of it a scruple of musk & as much amber greece. Ye may mix this water with ordinary water for your hands, or put some of it on a chafing dish of coals, it will recreate the senses with a pleasing vapour. An equall quantity of rose water and vinegar set on the coals does the same.

Take rose water four ounces, cinnamon half an ounce, yellow saunders poudred, wood of aloes, citron peel, cloves of each half a scruple, musk two grains, mix them, and they will make an excellent sented water.

Take oiles of musk one dram, of cloves six graines, of lillies of the vally three graines, a little Virgin wax, mix them together according to art, and you shall have an odoriferous balsam that comforts the brain and revives the spirits, if ye anoint the nostrils with a little of it.

Take cloves, cinnamon, lavender, nutmegs of each two drams, oiles of cloves, angelica, spike, lavender, of each half a scruple, wax four drams, musk and amber of each three graines, make them into a Balsame which will be of the same virtues with the former.

Take musk finely poudred a dram and a half, put it into a glasse alembick, poure thereon two quarts of rose water, distil this over a gentle fire in B. M. keep the water that ye draw from thence in a glass close stopped, it may be serviceable to Queens and Empresses.

Take rose water three quarts, assa dulcis poudred one ounce, storax, cloves, wood of

of aloes, camfre of each one *dram*, musk and civer, of each one *scruple*, put all these into a glasse bottle, close stopped, which boile for the space of four houres in water, then take the vessel wherein the water is and let it cool by degrees; when it is cold streine it through a thick cloth, then put it into another glasse vessel with fifteen *graines* of musk, stop it close and set it in the Sun five dayes. This perfume is so strong, that if you mix one part thereof with twelve of water, twil be exceeding sweet.

Take Lavender flowers seven *handfuls*, rosemary flowers, clove July flowers, orange peel of each three *handfuls*, mint, sage, bay leaves, elder flowers, pennyroyall of each one *handful*, cloves four *ounces*, galingale, nutmegs, *calamus aromaticus*, ginger, cinnamon, of each one *ounce*, the best sented whitewine three *quarts*, powder all the spices and steep them in white wine, put all into a glasse vessel stopped, set it in the Sun eight dayes, then put it into a glasse alembick with musk and distill all in B. M. Whether it be distilled or not, it is a very sweet water, excellent to wash the hands if ye mix one drop of it with a hundred of common water, if it be applied

applied to the face it will free it from spots and freckles.

Take twenty *graines* of musk, nutmegs, cloves, galingale, spikenard, grains of paradise, mace, cinnamon, of each one *ounce*, powder all very small, and put them all into a *pinte* bottle of rose water, let them sleep four daies, then pour on more rose water and after distil them in *B. M.* Or tye in a very fine rag, musk and civet of each one *dram*, put the bag into a three quart bottle fild with rose water, expose it some days to the sun, and ye shall have a rich sented water.

Take the purest Benzoin twelve *ounces*, powder it very fine, then take liquid styrax as much as will suffice to make it into a past, when it is well mixt put it into a glasse alembick with a glasse head; which ye must set in ashes or sifted sand, and cement a receiver to the nose of the alembick, with potters clay and the whites of eggs very close, that the vapours may have no vent forth; (which if they have they'l be so strong that to most they'l seem a stink rather then a perfume, and to some persons may be very prejudicial) when things are thus fitted kindle fire under it by degrees, afterwards make the fire stronger;



stronger; at first ye shall draw a yellow water in a small quantity and worth little; but presently after there will arise a vapour white as snow, that will stick to the alembick; when ye perceive that this rises no more then make the fire stronger, but not too violent, then will an oile ascend that is sweeter then the former: and according to the colour of your oiles, remember to change your receivers; your last oile will be an excellent Balsame. But to make an exact perfume, take an ounce and a half of the white snow, oile of sweet almonds newly drawn four ounces, melt both over a gentle fire, stirring it continually with a spattula till the snowie part be dissolv'd, and to give it a reddish colour put in a small piece of the root of alkanet; so ye may have a perfume of an excellent sent. If you would have this oyl of a richer odour, ye may dissolve therein one scruple of amber greece. The black oile that remains at the bottome of your alembick, is of a very strong smel, but mixt with liquid styrax will make excellently sented pomanders: if ye keep it by it self, ye were best to keep it open that so the strong sent may evaporate.

CHAP.

## CHAP. IV.

*Sweet Candles, and Perfumes to burn.*

**Y**E are much beholding, Ladies, to ordinary *Candles*; for when the sooty night would be-friend your Chamber-maids, and make them seem as handsome as your selves, that which discovers the cheat, and makes ye be prefer'd before them, is the friendly *light* those *Candles* lend; they shew the difference betwixt a *beauty* and the *foiles* that usually attend her. But if those *common ones* do ye much service, *these* will more; for if ye can once procure these *ignes fatui* to lead them, ye may be sure to make *fools* of men; and never fear but ye shall have servants, after ye have got such enamouring *flames*.

Take *Labdanum* two ounces, *Storax* one ounce, *Benjamin* and *Cloves*, of each half an ounce, *Mace* a quarter of an ounce; beat all to a powder in a brasen mortar, and when they are finely poudred, set the mortar over a gentle fire, and work them well together; then take *rosegwater* eight spoonfuls, dissolve therein musk and civet, of each three grains; afterward, put it with the rest of the ingredients, in-

to the mortar ; when ye have mixed all thoroughly together, make the whole mass into small long roles ; when they are dry, you may put them into a silken bag, and lay them amongst linnen, or burn them in your chamber, or any where else at your pleasure. They are a pleasing Perfume, and will last good seven years.

Take *Labdanum* two drams, *Styrax calam.* a dram and a half, benjamin, frankincense, white amber, wood of aloes, red roses, wood of cypress, cinnamon, cloves, of each two scruples, amber, musk, of each five grains ; make them up into small cakes with gum tragacanth dissolved in spirit of roses, one whereof cast upon the coals, sends your chamber with a delightful vapour.

Take *Labdanum* one ounce and a half, dried charcoal made of willow one ounce, myrrhe, wood of aloes, *styrax calam.* of each one ounce and a half, amber, musk, of each seven grains ; dissolve half an ounce of gum tragant in rosewater with a little spirit of wine. and make them up into roles like small candles.

Take gum *styrax calam.* benjamin, of each equal quantities, dissolve them in the best rosewater ; as soon as they are dissolved,

solved, strein them hard thorough a thick cloth: afterwards dry them, and powder them, and keep the powder for your use. Take of this powder thus prepared one ounce, the weightiest wood of aloes powdered, two *drams*, red roses dried, amber-greece, of each one *dram*, zibet, musk, of each *half a dram*, sweet balsame of *Pern*, oyle of *Rhodium*, of each one *scruple*, ivory burnt till it be black, as much as will suffice: powder what is to be powdered, then mix all with rose water, and work them together into a kind of black paste & make it into small bals, which you must wrap in rose leaves and dry them in the shade, then keep them well stopt in glasses. This is a perfume for Persons of quality. One or two of them cast upon coals or put into a quantity of rose water that is set over the coals, will fill the room with a ravishing and coelestiall vapour, that retreshes the braine and vitall spirits and corrects the malignity of any contagious aire.

Take *Styrax calam*, prepared as before, benzoin, of each *half an ounce*, your best wood of aloes two *drams*, Zibet that is not adulterate one *dram*, *Gallia moscata* one *scruple*, oile of roses, and of cloves, of each

each *half a scruple*, mix them according to art, and with damask rose water make them into little bals. They are of the same virtue with the former and used in the same manner.

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C H A P. V.*How to perfume Gloves.*

**T**O adde the *roses* sweetness, to the *lillied* loveliness of your snowie hands, sent your gloves with these perfumes: and they who take ye by the hand, shall find all pleasures graspt in a handfull, wherein all ravishing objects are, that can convey those charming delights to the admiring fancy, that both please the sight and feast the other senses too.

First then perfume your gloves thus,  
Take a pair of smooth new Cordavan gloves, wash them well for two or three daies (once a day) in good white wine; pressing them well and smoothing them, after every washing; after the last washing, when they are almost dry wash them in rose water, wherein musk hath been dissolved;

dissolved ; let them lye in that water for one day ; then pull one of the gloves on your hand, and with your other hand smooth and dry it, then do the same to the other glove. When this is done, steep in water for four or five daies four ounces of gum tragagant, the whitest you can get; musk, amber, dried marjoram of each one *scruple* ; boil them gently altogether, and in the boiling add *half a scruple* of Zibet, put these into a covered vessel till they are cold, then chaff and rub it well into the gloves, afterward lay them in some place to dry.

Or wash those gloves ye intend to perfume, first well in white wine, then dry them in the shade, after wash them in a pint of rose water, sented with oile of cloves, jasmine, nutmegs, labdanum of each *half a scruple*, then take musk, zibet, ambergreece of each five *graines*, beat them together in a mortar with a little oile of spike, and mucilage of gum tragagant dissolv'd in rose water, chaff this composition into the washt gloves, before the fire.

FINIS.

